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CULINARY TRIP TO CUBA
NEW EATERIES A BOON FOR COUNTRY {page 24}

GARBAGE PRIVATE CONTRACT PICKED UP

{page 3}

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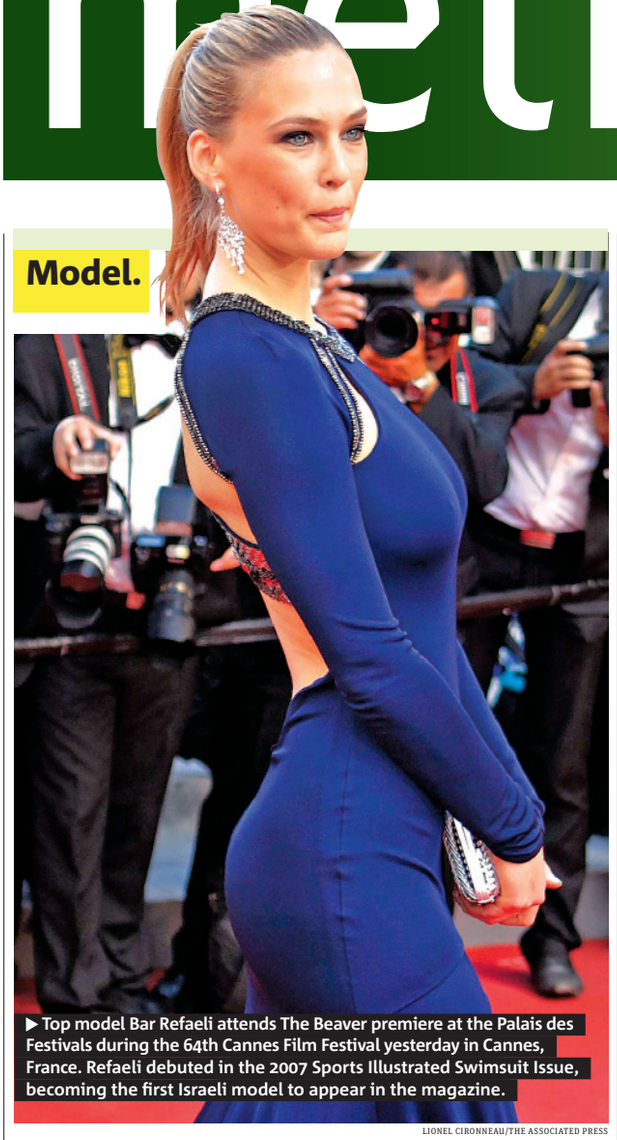

▶ Top model Bar Refaeli attends The Beaver premiere at the Palais des Festivals during the 64th Cannes Film Festival yesterday in Cannes, France. Refaeli debuted in the 2007 Sports Illustrated Swimsuit Issue, becoming the first Israeli model to appear in the magazine.

LIONEL CIRONNEAU/THE ASSOCIATED PRESS

At Cannes Film Festival

Childhood abuse linked with health issues: Study

University of Toronto's Esme Fuller-Thomson, who led the research, stressed this is not a cause-and-effect report

University of Toronto researchers have found a correlation between childhood physical abuse and conditions such as chronic fatigue syndrome and irritable bowel syndrome.

Led by Esme Fuller-Thomson, the Sandra Rotman chair at University of Toronto, this is the sixth study to look at the link between physical health ailments and childhood physical abuse. Previously, Fuller-Thomson's research looked at cancer, heart disease, osteoarthritis, ulcers and migraines.

Fuller-Thomson began her research after noting that while there was a lot of research on the mental health outcomes linked to childhood physical abuse, there was little known about physical health outcomes.

"The mind-body continuum is something we need to look at more closely. And how could such an early trauma not have a long-term impact on how you physically respond to stress the rest of your life?

"So there's a lot of literature about how stress in adulthood affects your health outcomes — for example, heart disease, ulcers, those types of thing — but my area of interest is that early childhood stressors ... 'get under the skin.' Do these early traumas literally change the way individuals respond to stress for the rest of their life?"

This latest research focused on 7,342 women in Manitoba and Saskatchewan, the only two provinces that asked respondents if they had been physically abused as children.

These women were asked if they had been diagnosed by a health professional with any of the four syndromes listed above.

The study found that women who said they were physically abused as children were twice as likely to have fatigue syndrome or suffer from multiple chemical sensitivities. They had a 65 per cent higher chance of being diagnosed with fibromyalgia (after other potential risk factors had been accounted for).

In men, childhood physical abuse was not associated with these health outcomes.

Fuller-Thomson said the study likely just scratches the surface of the actual numbers, since it is a cross-sectional study, which means adults are asked to recall their childhood experiences, and not a prospective study, where a researcher follows the subject.

"The literature in general has said people tend to under-report abuse, not overreport it ... In other words, we're probably only getting the most extreme types of (physical) abuse," she said.

TORSTAR NEWS SERVICE

Past research

- **Cancer.** Esme Fuller-Thomson's previous research found adults who had been physically abused as children had 45 per cent higher odds of cancer and 45 per cent higher odds of heart disease.
- **Migraines.** Fifty-six per cent had higher odds of osteoarthritis, 68 per cent had higher odds of ulcers and 36 per cent had higher odds of migraines.

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Fighting genetic discrimination

When Katie Lingard was taking steps to set up a chiropractic practice four years ago, the soon-to-be graduate couldn't help but notice she was being treated differently than her classmates by insurance companies who came to their college to drum up business.

The insurers were hesitant to give the healthy 25-year-old the mandatory insurance she needed to get her practice off the ground.

Among the questions on application forms was one about medical history, specifically, was there any Huntington's disease in her family? In Lingard's case there is; her father has the neurodegenerative disease. The Toronto woman was told by one provider that if she wanted coverage she should get a blood test proving she didn't carry the Huntington's gene.

Since then, Lingard has been fighting for an end to genetic discrimination. The battle is taking her to Queen's Park today when a private member's bill is being introduced to amend the Ontario Human Rights Code to halt the practice.

TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶Katie Lingard

Council trashes city garbage collection

City staff say the 7-year contract privatizing garbage pickup west of Yonge Street could save $6M a year

After a day-long debate in a council chamber packed with city garbage workers, Toronto councillors have voted 32-13 to contract out garbage pickup for 165,000 homes and cut 300 unionized city jobs.

The day began with Mayor Rob Ford on the attack against councillors opposed to expanding private trash pickup, saying voting against the move will expose them as "tax-and-spend socialists."

The proposal contracts out trash and recycling collection from single-family homes between Etobicoke's eastern boundary and Yonge Street.

The mayor's speech left no doubt the vote was the most important so far in his mission to radically shrink the city's 50,000-strong workforce.

"We're going to divide ourselves up today into two groups and it's going to be very simple for the taxpayers to see," Ford told council.

"You're going to have one side of council that is going to support high taxes, big spending, out of control union contracts," he continued, to a chorus of boos from the gallery.

"We're going to have the other side of council that is going to demonstrate restraint in spending ... that want to have accountability at city hall, that are sick and tired of the tax-and-spend socialists at city hall."

TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Mayor Rob Ford shares a joke with his brother Doug yesterday at city council.

1 news

Kevin Smith takes new film across Canada for Red Province tour.

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As Slave Lake evacuees await return home, many wonder if they still have a home. Video at metronews.ca

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Mohawks camp in High Park to restore burial grounds

‘It’s public space that is treasured’: City Group provided with tool shed

A half-dozen Mohawks with picks and shovels have set up camp in a south corner of High Park to restore what they contend are ancient burial grounds.

City records indicate otherwise, but in terms of what the group is demanding, it’s somewhat beside the point.

Deep valleys and ramps cover the grounds, called Snake Mound by the natives, although it’s been a BMX bike area for six years. They want the area restored to its natural state and a fence erected to protect the area.

Bike use in the area has been dwindling since last fall and city staff had already decided to restore the area and put up a fence, city spokesperson Margaret Dougherty said.

TORSTAR NEWS SERVICE

BERNARD WEIL/TORSTAR NEWS SERVICE

▶ Jonathan Jabokwoam, left, and William Brown break up BMX tracks yesterday in High Park.

Richmond Hill riders get new way to GO

A new station at the north end of the Richmond Hill GO line is expected to ease traffic in the area and attract about 1,000 new transit riders when it opens in early 2013.

GO officials project the current 10,000 daily ridership on the line will double in the next decade.

The existing terminus in Richmond Hill is already at capacity.

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Yes, you pay for 'freebies'

MP junkets may be sponsored but taxpayers still pay, analysis shows

Freebie trips for members of Parliament that supposedly are not on the public dime may in fact be paid for by taxpayers after all.

Public records show some groups that sponsored MP junkets got millions of dollars in government funding.

For example, two organizations that paid for MP trips have received nearly $14 million from various levels of government since 2007, a Canadian Press analysis reveals.

One is the Toronto-based Cross-Cultural Community Services Association.

Tax filings show that since 2007, it has received more than $8 million from the federal government. Another $933,750 came from the province.

The second organization is the Institute of Public Administration of Canada.

Almost $4 million of the Toronto community organization's revenue over the last four years has come from the federal government, charity filings show.

THE CANADIAN PRESS

Free-for-all?

- Figures show the Liberals took the most free trips with 141 compared to 132 by the Tories, 36 by New Democrats and 25 by the Bloc Québécois.

Slave Lake. Homeless

▶ Jim Nelson and his three-year-old son, Dylan, from Slave Lake, Alta., take a break yesterday outside an evacuee centre in Athabasca, Alta.

IAN JACKSON/THE CANADIAN PRESS

Danger lurking in town

Mounties patrolling the empty streets of fire-hit Slave Lake, Alta., north of Edmonton, say it's not safe there because of open gas lines and smoke laced with chemicals. Fires that forced 7,000 residents to flee the town Sunday are still raging. The residents will have to wait until at least the weekend to see if their homes are still standing.

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SKILLS FOR SUCCESS

DAVID STOUDLS

World Vision's Youth Clubs give children a place to have fun and learn, nurturing talents that give them hope for a productive, fulfilling future.

El Salvador is a tiny country – less than half the size of Nova Scotia, with a population about the size of the GTA – but it is one of the most dangerous countries in the Western hemisphere. There were 3,985 violent deaths in El Salvador in 2010, most related to gang activity; that is a higher per-capita number than in Afghanistan.

That's why communities place a high priority on giving their young people tools to build a future. "Our preschool centres are critically important," says Laura Mata, chief of communications for World Vision El Salvador, which works with community groups to create programs to address their most pressing needs. "By giving small children a good educational foundation, they're ready for Grade 1. They're then more likely to be successful and less likely to flunk out or quit later."

World Vision's Children's Clubs and Youth Clubs not only provide young people with a safe place to socialize, but also give them life skills and vocational training. (In one club, Kevin, 15 was learning to bake bread and fancy pastries; in another, a band of musicians practiced while another group took learned to paint.)

Carlos, who is now 17, remembers the first time he went to a World Vision Communications Club in Tacuba, a small mountain town near the Guatemalan border where local gangs are particularly powerful. "I was 13. Some of my friends had been to the club and done a radio show, and they needed more people. I went. I was very nervous. But it was such a nice experience my [nervousness] vanished."

Before that, Carlos had been playing hookey from school since age 10, had failed 4th grade and fallen in with a sketchy group. At the club, "I got really involved. I realized I had to stop doing the things I'd been doing. I started studying again." Today he leads other teens in the group and works half-days at a local professional radio station while attending high school.

Of course World Vision Canada sponsorships support efforts like nutrition and health care programs in El Salvador. But Laura believes that is just as important to "improve knowledge. You can't change lives by just giving tangible things," she says. "Change comes by giving life skills and vocational skills so that [young people] can be someone in the future."

At the Tacuba Communications Club, says Carlos, "getting into the radio shows is what changed my life."

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OLI SCARFF/GETTY IMAGES

▶ Protesters attempt to disrupt the queen's visit to Dublin's Garden of Remembrance, which honours Irish rebels who lost their lives fighting to free Ireland from British control. Queen Elizabeth II placed a wreath there yesterday.

Yes, the Queen wore green

- Queen Elizabeth's trip to Ireland is the first by a monarch since 1911
- Pipe bomb defused on bus but no serious disruptions on opening day

Undeterred by real or fake bombs, Queen Elizabeth II yesterday began the first visit by a British monarch to the Republic of Ireland.

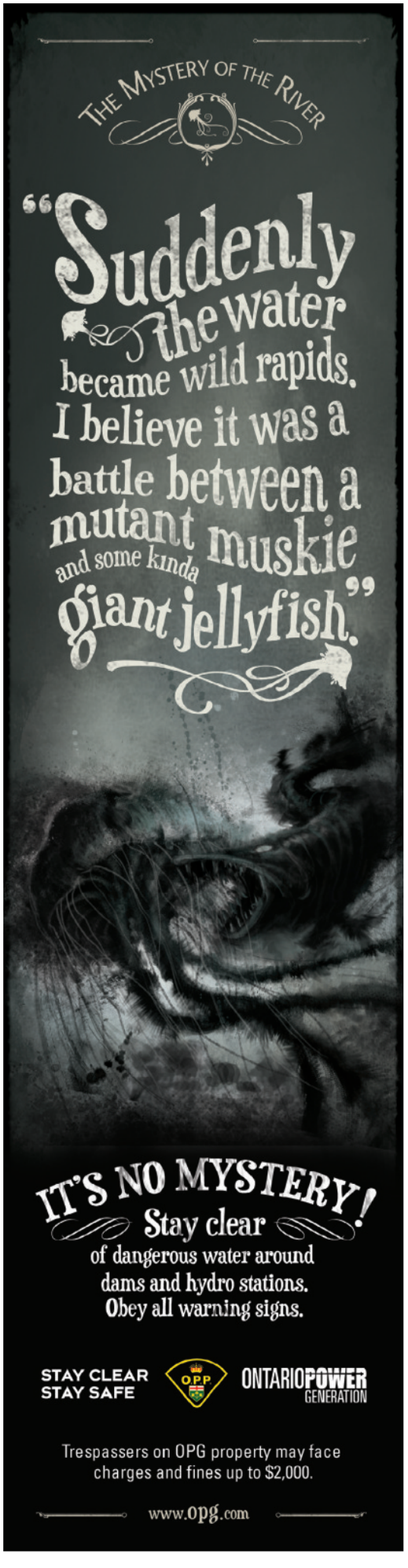
Resplendent in a cloak of emerald green and a dress of St. Patrick's blue, the Queen stepped out from a bombproof, bulletproof Range Rover outside the official residence of Irish President Mary McAleese. Irish Army artillery units fired a 21-gun salute as a military brass band played God Save The Queen. Several thousand Dubliners lined the streets hoping to see the Queen, some of them cheering and clapping.

The painstakingly choreographed four-day visit has been designed to highlight today's strong Anglo-Irish relations and the slow blooming of peace in neighbouring Northern Ireland after a three-decade conflict that left 3,700 dead.

McAleese said Britain and Ireland were "determined to make the future a much, much better place."

Irish Republican Army dissidents opposed to reconciliation tried to undermine the trip with real and hoax bombs, but they caused no significant disruption.

"We are living in changed and changing times," said lawmaker Aengus O Snodaigh of the nationalist Sinn Fein party. "But the fact that Dublin city is on lockdown for the week makes it clear that the relationship between the two islands is still not 'normal.'" THE ASSOCIATED PRESS



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Woodbine Centre

GEORGETOWN
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Square One Shopping Centre (kiosk)
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Netflix overtakes surfing online

Popularity could pose risks to the profits of Canadian cable companies

Move over web surfing. Netflix movies now take up more of the Internet pipes going into North American homes.

A study published yesterday by Sandvine Inc. shows that Netflix movies and TV shows account for nearly 30 per cent of traffic into homes during peak evening hours, compared with less than 17 per cent for web browsing.

Only about one-quarter of homes with broadband subscribe to Netflix, but watching movies and TV shows online takes up a lot of bandwidth compared with web surfing, email and practically every other Internet activity except file sharing and videoconferencing.

As late as last year, both web surfing and peer-to-peer file sharing — mainly the illegal trading of copyrighted movies — were each larger than Netflix's traffic.

Sandvine makes equipment that helps cable and phone companies manage their Internet delivery systems. It collected data from unidentified customers for the survey. It has previously been linked to Comcast Corp., the largest Internet service provider in the U.S. Sandvine says its data should be representative of overall home Internet use.

The number of Netflix customers is growing quickly, to 23.6 million subscribers in the U.S. and Canada as of the end of March. The growing use of the streaming service is good news for the company, which is trying to reduce what it spends to mail DVDs. The rental video business in Canada totalled about $970 million in 2010, down 12 per cent from the previous year, says Toronto-based Convergence Consulting Group. THE ASSOCIATED PRESS

HANDOUT

▶ Netflix CEO Reed Hastings. In Canada, Netflix has made major inroads since launching last September, with 800,000 subscribers paying $7.99 per month for unlimited access to thousands of movies and TV shows.

REAL ESTATE JUMP

Canada's housing prices rise

The national average home price rose by eight per cent last month even as housing sales fell by 14.7 per cent from the year before, according to data released yesterday.

Home prices jumped to $372,544 compared to last April — the third consecutive month in which the national average price rose by eight per cent from year ago levels, the Canadian Real Estate Association said. Meanwhile, the number of previously occupied homes sold in April fell to 17,230 from 18,745 a year ago.

The national housing has been skewed recently due to a surge in sales of multimillion-dollar properties in the Greater Vancouver area.

Demand for those properties fell in April compared to March, but was offset by fewer sales of lower priced properties. "Changes to mortgage regulations that took effect in April 2011 likely sidelined a number of first-time homebuyers," said Gregory Klump, CREA's chief economist.

Declines were largest in some of Canada's most expensive and active markets, including Toronto, Vancouver and British Columbia's Fraser Valley.

THE CANADIAN PRESS

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Seven dead after mine invasion

Seven people were killed and a dozen more were injured after intruders tried to steal ore from a gold mine in Tanzania, African Barrick Gold PLC said yesterday.

The company, controlled by Toronto-based Barrick Gold Corp., said 800 "criminal intruders" invaded its North Mara mine when police were called Monday.

The group reportedly attacked police with machetes, rocks and hammers. The North Mara mine is in Tanzania, about 20 kilometres south of the Kenyan border.

THE ASSOCIATED PRESS

Canucks love BlackBerrys, but texting still popular

Canada may be the birthplace of the BlackBerry and mobile email, and boast heavy users of Facebook, but it hasn't stopped us from engaging in a relatively old-school form of electronic messaging — texting.

The Canadian Wireless Telecommunications Association said 56.4 billion texts were sent in Canada in 2010, up 60 per cent from the previous year.

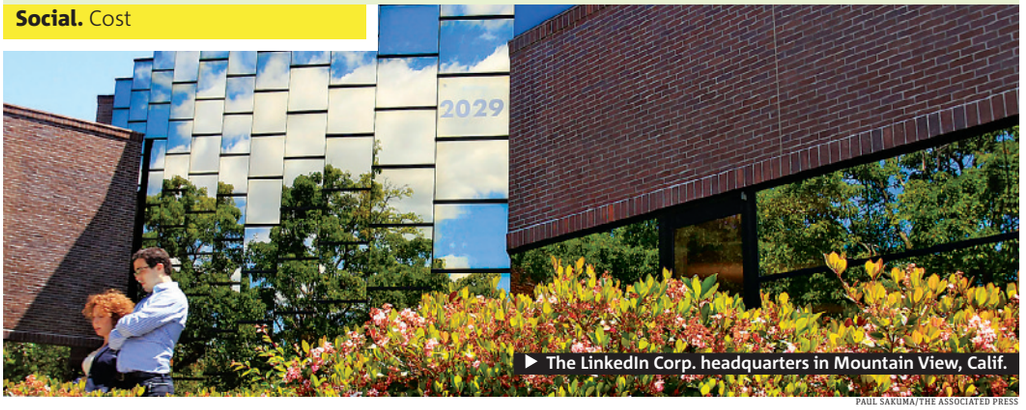
THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
+ 49.71 (13,441.06)	+ 0.17¢ (102.82¢ US)	– 46¢ US ($96.91 US)	$4.314 US (–0.4¢ US)	$1,480.60 US (– $10.60 US)

Social. Cost



▶ The LinkedIn Corp. headquarters in Mountain View, Calif.

PAUL SAKUMA/THE ASSOCIATED PRESS

LinkedIn shares climbing to new, pricier highs

LinkedIn is raising the price range on its shares to $42 to $45 US apiece from $32 to $35 apiece. Shares are expected to begin trading tomorrow. The new cost means LinkedIn could be valued at more than $4 billion after going public, the biggest Internet IPO since Google's debut in 2004. At the middle of the new proposed range, the IPO would raise about $341 million.

Chrysler picks up on lifestyle truck

Model to compete against Honda's Ridgeline model

Chrysler Canada will start building a lifestyle pickup truck at its assembly plant in Windsor in the fall of 2013, industry insiders say.

AutomotiveCompass, a leading U.S.-based research firm, and Chrysler suppliers revealed yesterday the automaker has decided to proceed with production of a niche vehicle called the TR Ram Life Style Truck to keep the plant humming.

"It (the vehicle) is an insurance policy that the plant will continue on three shifts at full capacity," said Doug Shepard, editor of the firm's weekly report tracking current and future global auto production. "This is a nice top-off of the tank."

TORSTAR NEWS SERVICE

Driving future

- **Latest addition is unlikely** to lead to significant job increases, but could help secure jobs for the current workforce of about 4,450.

LEGAL CHATTER

Mobile biz blows into courtroom

Wind Mobile will be at the centre of a legal case today that questions how the federal cabinet intervened to allow the mobile phone carrier to operate in Canada, despite a CRTC ruling that decided it was foreign owned.

The company and the federal government are appealing a decision that cabinet overstepped its authority when it let the telecom company go into business in 2009.

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ADD BOY NAMED SUE TO THE LIST

JUST SAYIN' ...

PAUL SULLIVAN
METRO

An Israeli couple recently named their new baby girl Like, as in the like button on Facebook.

Like, is that not the dumbest thing you ever heard?

The same couple also named their other daughters Pie, as in lemon meringue, and Vash, which is Hebrew for honey.

The parents, Lior and Vardit Adley, say they wanted a unique and modern name for their newborn and Like sounded "modern and innovative." Lior told an Israeli newspaper that Like is the modern equivalent of the name Ahova (Love).

No, it isn't. It's a button. On a piece of software. It's a ploy designed to create a digital pattern allowing Facebook to serve up ads that match your profile. It's about the money, Honey.

At least they didn't name their daughter Zuckerberg, after the founder of Facebook. That would Zuck.

Now Like, Pie and Vash Adley will have to spend the rest of their lives in expensive therapy, doing battle with the trauma of their names.

They will be joined in the waiting room by Facebook, an Egyptian whose dad wanted to honour Facebook's role in the Arab Spring. How about a nice plaque at the front door instead of laying the burden of Facebook Jamal Ibrahim on your poor little tyke?

The irony of Like is that her parents don't even really "like" Facebook. Lior has fewer than 120 Facebook friends. Which still seems like a lot to me. I have 131 Facebook friends and have trouble keeping up.

The question is why do people do this to perfect innocents who can't defend themselves? In their quest for 15 minutes of cheap fame, Lior and Vardit have condemned Like, Pie and Vash to spend the rest of their lives spelling and explaining their names to strangers, getting teased mercilessly in the schoolyard by bullies with conventional names, trying to get their names legally changed or using their middle names (which are not, hopefully, Recommend, Edit or Write On Her Wall).

It's child abuse and it's hardly rare. It may seem cute at the time, but remember that the apple (Pie?) of your eye has to wear it for the rest of his or her life. Life is hard enough without being called Pie.

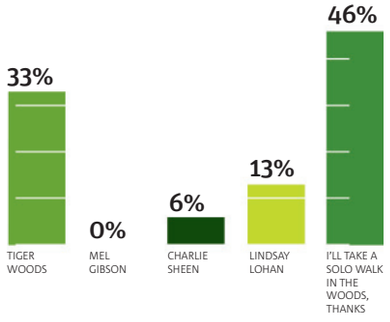
Same goes for the current crop of kids named after vampires, politicians and Lady Gaga.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

metro life panel

Register at metrolifepanel.ca and take the quick poll

It's golf season. Which tabloid-addled celebrity would you choose as a partner for 18 holes?



Local tweets

- **@jehan watson:** Smart move locking up Colangelo for a couple more years. Now let's hope for some draft lottery luck tonight! #raptors
- **@eddavis32:** We need that #1 pick today
- **@No_1_raptorsfan:** Welcome back #Colangelo. I was hoping for a longer deal but 2 years will have to do. Fingers crossed for the draft. #1 pick is going to Tdot
- **@hungryleafsfan:** If the Raptors really preferred winning, Colangelo wouldn't be coming back ...
- **@keshtheoriginal:** But wait, what is all this Caribana name change talk?! What's the new name going to be? O_o
- **@adrianseeley:** Why are they renaming Caribana? It's perfect the way it is — only in Toronto — ex: SkyDome, Rogers Centre.
- **@aquilahenrycot:** honestly, no matter what the "official" name is, everyone is gonna call it caribana #bottomline
- **@dre_bounce:** Toronto should change it's rep to Rainy City. Honestly I'm startin to see mini river streams on the street sidewalks. No thank you

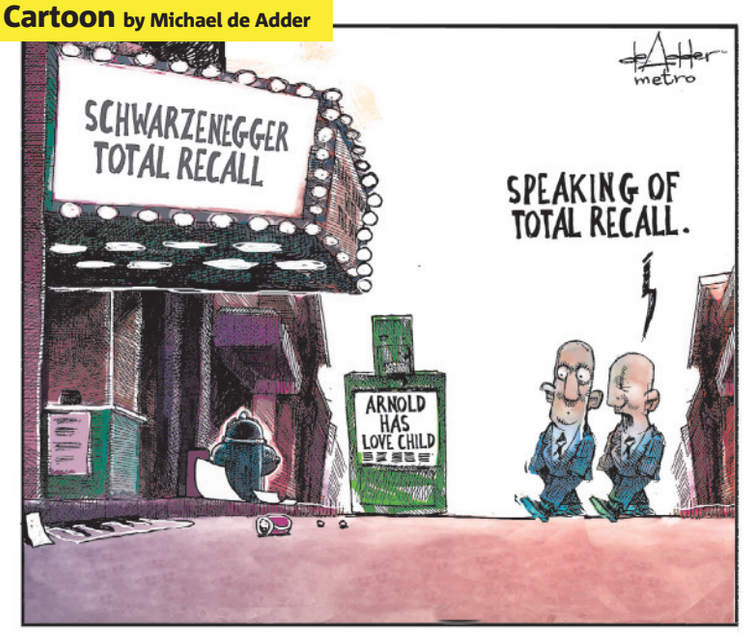
Worth mentioning

LONDON. An Egyptian princess who lived more than 3,500 years ago is the oldest known person to have had clogged arteries, dispelling the myth that heart disease is a product of modern society, a new study says.

To determine how common heart disease was in ancient Egypt, scientists performed computer scans on 52 mummies in Cairo and the United States. Among those that still had heart tissue, 44 had chunks of calcium stuck to their arteries — indicating clogging.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



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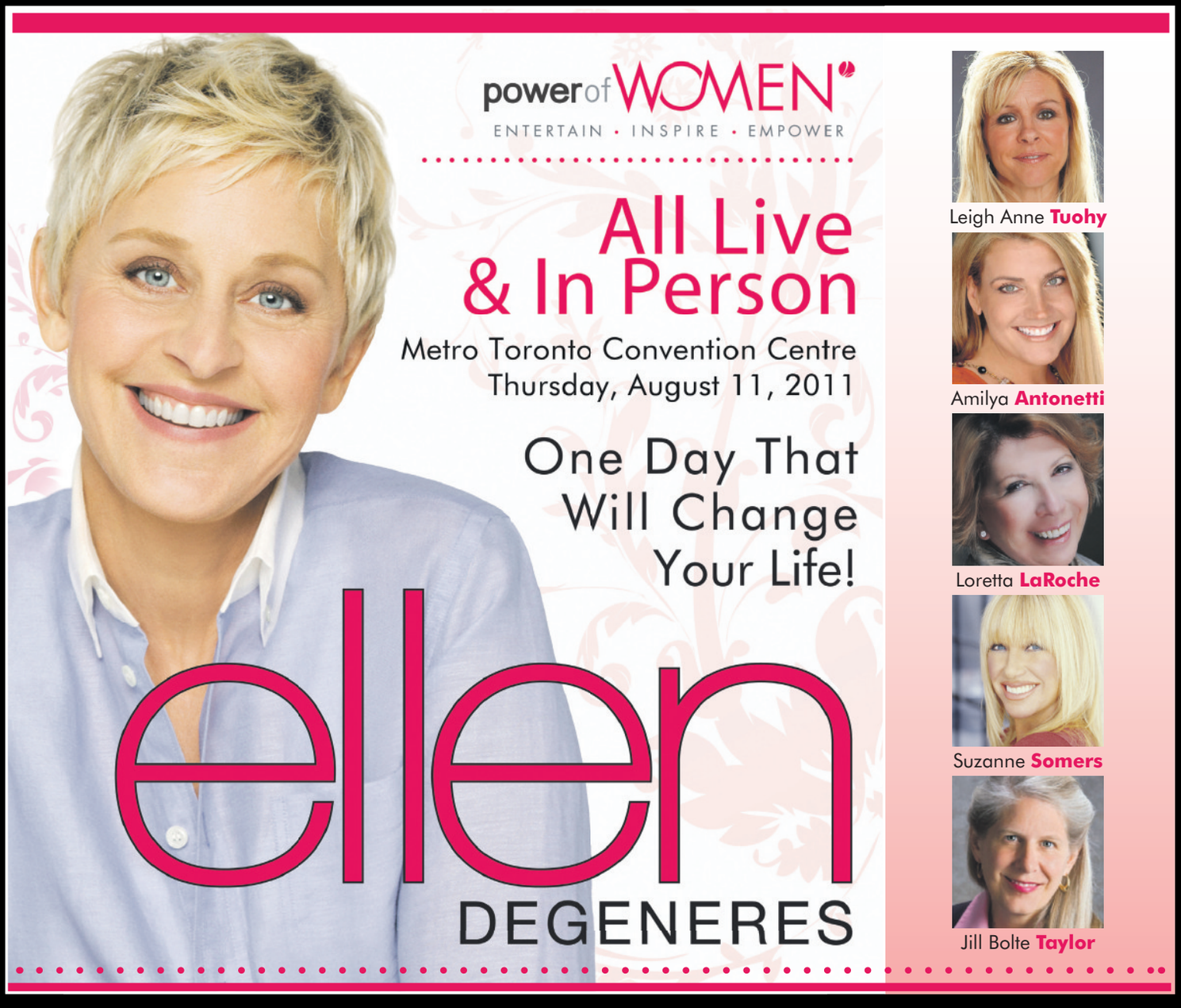

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Depp and Bruckheimer have hinted the Pirates franchise could go on indefinitely, like James Bond

PETER MOUNTAIN/THE ASSOICATED PRESS/DISNEY,

▶ Johnny Depp portrays Captain Jack Sparrow in a scene from Pirates of the Caribbean: On Stranger Tides. Movie producer Jerry Bruckheimer has said of Depp: "He created the franchise, that character. Made it come alive. He is Pirates of the Caribbean."

Ahoy all over again: Jack sails fresh waters

New pirates, new ship, new treasure — same old Jack Sparrow.

After a trilogy that hauled in $2.7 billion worldwide, Pirates of the Caribbean relaunches with On Stranger Tides, a fresh start for the buccaneer-blockbuster franchise starring the franchise's one indispensable ingredient — Johnny Depp as Capt. Jack.

With Jack's beloved ship, the Black Pearl, in a strange state of dry-dock, he and his mates sail in search of the fountain of youth aboard Blackbeard's terrifying vessel, the Queen Anne's Revenge.

Hollywood rarely messes with a good thing to this extent, but the filmmakers are banking that audiences will be anxious to follow in Jack's wake as he storms into uncharted seas.

Unlike the trilogy that grew out of 2003's blockbuster The Curse of the Black Pearl, the new Pirates installment is a stand-alone story, said producer Jerry Bruckheimer.

But even before On Stranger Tides hits theatres, Bruckheimer has a script for a fifth Pirates movie in the works. That sounds like a commander confident he's on the right course, even before leaving port. THE ASSOCIATED PRESS

2 scene

Scene in brief

ABC is bringing Tim Allen back in a sitcom called Last Man Standing. He plays a man's man surrounded by women at home.
THE ASSOCIATED PRESS

John Grisham's The Firm heads to small screen as Canada-US co-production
Scan code for story.

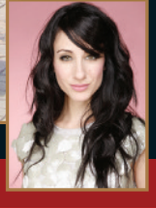
SPECIAL INFORMATION FEATURE PRESENTED BY BLACK TOWER

Photo by Ryan Emberley

Aleksandra Zerkalova, 27, Finance

Black Tower's *Look of the Day*

"The sweet smell of spring fills the air, pushing our senses to embrace a lighter and more effortless style. This Metro reader's bohemian-inspired dress takes on a contemporary feel by bringing up the hemlines, cinching in the waist with an oversized belt and topping it off with a fedora to give it a fresh and unique spin. It's all about leg-bearing boho chic. One of my style mottos has always been — take one of your favourite trends from the season and give it some personal flair."



All week in Metro, see noted stylist Alissia Marciano's spring style tips in Black Tower®'s Look of the Day. And the next time you're at the LCBO, why not grab a newly redesigned bottle of Black Tower® Rivaner ($8.95). Cool and crisp, it's the refreshing way to end your day.

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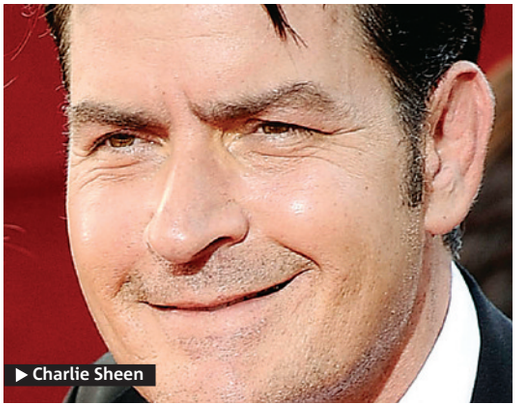

▶ Charlie Sheen

Charlie Sheen disappointed

Despite his showy and sarcastic reaction to the news that Ashton Kutcher will replace him on Two and a Half Men, Charlie Sheen is actually "devastated" by the news, sources close to the former star tells Popeater.

"He really thought that he would be invited back," a source says.

"After years of suffering no consequences for his behaviour, why would he think anything else? Finally it has sunk in that he doesn't live by different rules to everyone else. Actions do have a consequences."

METRO

Talking points

Aniston loses a loved one

TOUGH LOSS Jennifer Aniston suffered the loss of her dog, Norman, recently, her rep confirms to People magazine. The 15-year-old Corgi-terrier mix passed away "a few weeks ago," according to the rep.

"He was an old dog and it was just his time."

Norman often travelled with Aniston, she told the magazine last July.

"He's my baby boy. Norman goes with me on location – I've got to take Norman," she said.

METRO

Celebrity tweets

"sucking face with a kanga. yep."

@katyperry

@themichaelcaine

"Chilling with my family today, enjoying my garden in the Spring"

@ParisHilton

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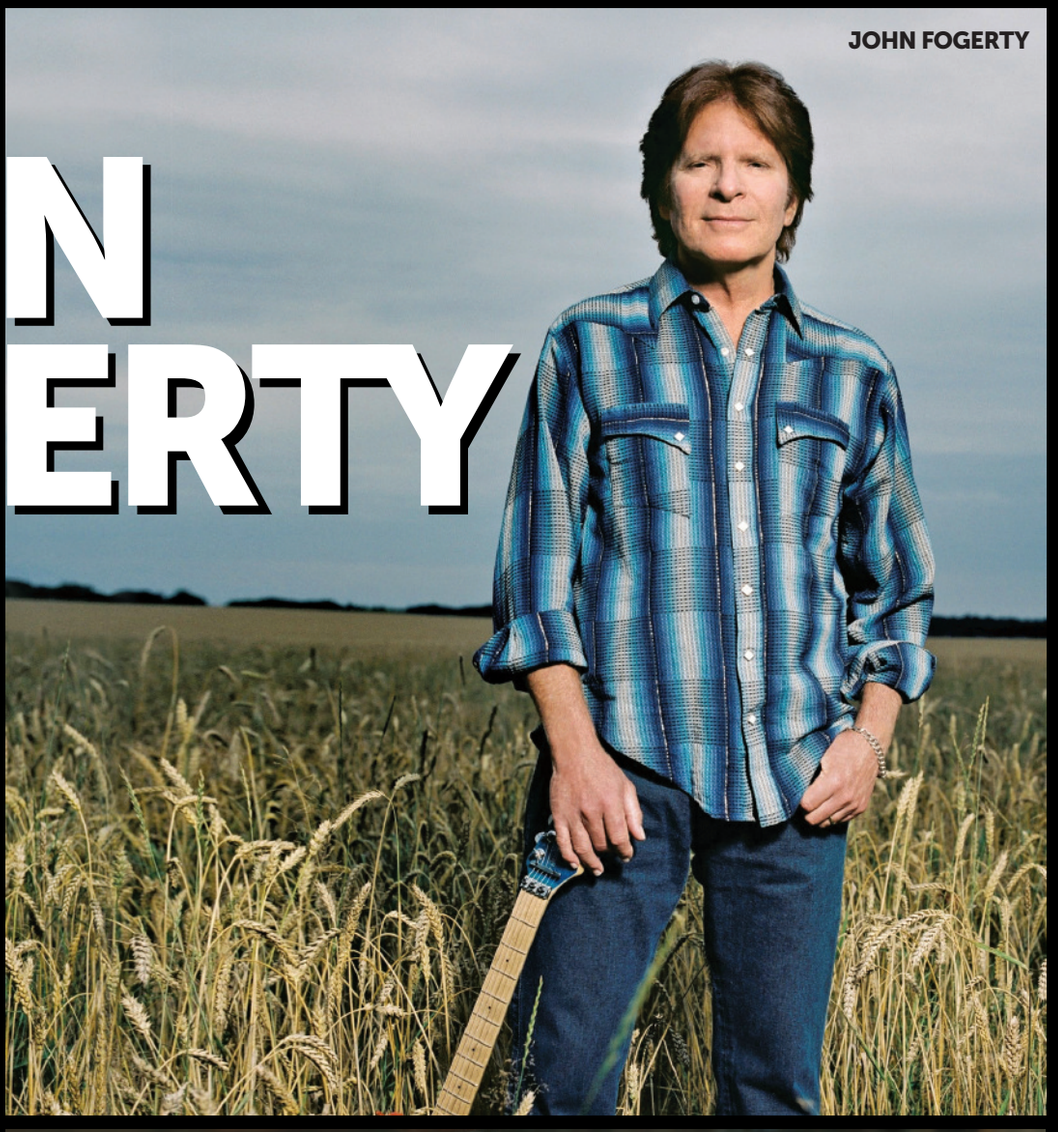
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Great places

Commercial Street in Nanaimo, B.C., Le Petit Champlain in Quebec City and The Forks in Winnipeg have been named winners by the Canadian Institute of Planners in its first annual Great Places in Canada contest.

They won in the respective categories of streets, neighbourhoods and public spaces.

THE CANADIAN PRESS

Sahara hotel-casino closing on Las Vegas Strip after 6 decades

FLICKR: CAILEAN VIII

▶ The Parliament Buildings are some of Canada's most architecturally stunning and marry modern Gothic revival with Victorian High Gothic.

Capital idea for Canada Day

Grab your biggest hat, a cup of tea and come watch the parade in Ottawa for Will and Kate's first royal Canadian visit As an added bonus, you get to spend Canada Day in the capital

Sure, watching the royal wedding curled up on the couch in a pair of PJs was fun, but gawking at Kate and Wills up close with thousands would be so much more Facebook worthy. Imagine the braggy album title: "Me and the Duke and Duchess of Cambridge on Parliament Hill, July 1, 2011."

The newlyweds picked Canada as their first official trip as a couple, arriving in time for the Canada Day festivities in Ottawa. Kate Middleton has never visited Canada, so Ottawa at its party-hardiest will be her first taste.

For those who want to be part of the welcoming party in the national capital, there are many ways to give the trip a royal twist and many of the activities are free.

Get a good vantage point of their Highnesses

Based on past royal visits, the landau generally arrives for the beginning of festivities around midday. It travels westward on Wellington Street before arriving on Parliament Hill. The best areas will be along the Hill's central pathways.

Visit the Parliament Buildings

A big white tent between the Centre and East Blocks of Parliament Hill is the point of departure for free tours during the summer months. Check parl.gc.ca/Visitors for information about the schedule.

Stop by the National War Memorial

King George VI and Queen Elizabeth unveiled the monument to those who served Canada in war in 1939, the first time a reigning monarch had visited Canada. In 2000, the Tomb of the Unknown Soldier was added to the site.

Check out Rideau Hall

Members of the Royal Family always stop by the Governor General's residence during official visits. The grounds have flower gardens, a play structure and wooded areas and are open from 8 a.m. until an hour before sunset.

Buy a fantastic hat

Now that fascinator has suddenly infiltrated the mainstream lexicon, buying a proper fancy hat or headpiece seems like a completely justified party expenditure.

New Brunswick-born Madeleine France Cormier's hat store in the Byward Market, Chapeaux de Madeleine, has seen a boom in business because of the royal wedding. Her little shop at 47 Clarence St. is chock-full of all manner of glam hats for all kinds of events, and her custom work with peacock feathers, ribbons, bird-cage veils and fabric petals ships across the country.

THE CANADIAN PRESS

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Cool, colourful San Fran

Alex Charlow was born in North California and works, surfs and promotes his band (Agent 126) in San Francisco In the last five years he's moved around and experienced cuisine and nightlife in different neighbourhoods

San Francisco is an interesting place with extraordinary traditions and a cosmopolitan lifestyle. I like the energy. I love exploring each neighborhood and celebrating it's diversity. No matter what you're into, San Francisco has it. Want to spend your evenings with wine fanatics, sipping every wine from Sonoma and Napa County? We've got the perfect wine bar for you. Want to kite surf in some of the best spots in the world? We've got that too. Want to see if you've got what it takes to escape from Alcatraz? We've got a swim event you might want to check out. Want to wander the streets wearing hot pants, a sombrero, and show your appreciation for unicorns? We've probably got a group for that too.

ALEX CHARLOW

Pier 39

First time?

You can't experience San Francisco in one weekend, and attempting to do so means missing out on a lot of what makes San Francisco so special.

What you should do on your first occasion depends on when you arrive.

If you're here in May you must experience Bay to Breakers, a marathon extending from the San Francisco Bay to the Pacific Ocean. It's the city's largest celebration, with thousands of San Franciscans dressed in costume for the longest party of the year. Otherwise, nothing can compare to an afternoon of munching on crab, walking the span of the Golden Gate Bridge, sailing to Alcatraz, and watching the seals play at Pier 39, all in the morning! At night your best bet is to explore the hot spots. Each neighborhood in San Francisco has it's own unique flavour, but Russian Hill, the Marina, Haight, the Mission, and North Beach are all excellent options.

Shopping!

If you've got some cash burning a hole in your pocket, head over to Union Square , a shopping district that has every store you could imagine. If you've got the hole in your pocket, but no cash, head over to the corner of Haight and Ashbury and buy some unique vintage threads.

Eat

When it comes to wining and dining, where to go depends on what you like. I'm a seafood nut, so Pacific Catch in the Marina is my place of choice. Its Japanese fusion produces some amazing salmon rice bowls, complete with seaweed salad, avocados, sprouts, and more (pacificcatch.com). If you're near the waterfront at Embarcadero you have to experience the fresh Dungeness crab, or table up at Boudin's and enjoy a delicious fresh clam chowder in a turtle shaped bread bowl (boudinbakery.com).

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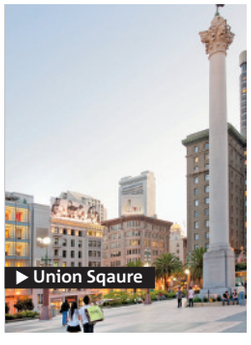
Alcatraz

Go out

I'm a beer guy, but if you like cocktails you have go to Lion Pub in Pac Heights. There isn't a sign, and the bar is hard to spot, but once you get in you're treated to fresh, hand-pumped greyhounds and raspberry mojitos that are unmatched. If you need a secondary spot hit up Bourbon and Branch, a prohibition era bar that maintains the 1920s vibe. When you get to the door just say "library" and you'll be whisked away behind a secret bookshelf and sipping authentic gimlets in no time (bourbonandbranch.com).

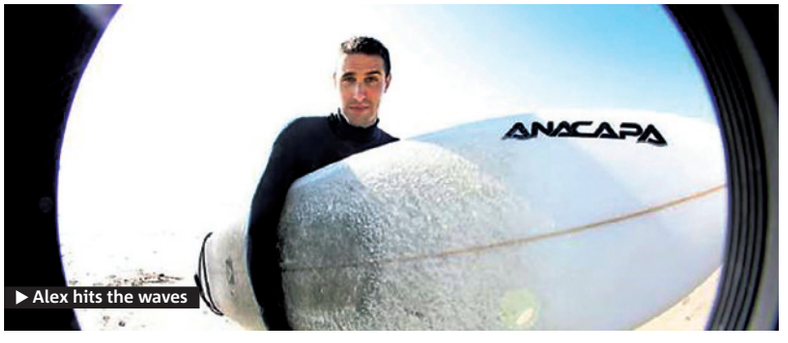

Union Sqaure

Been there before?

If you've already been and are looking for a new experience, try the night tour of Alcatraz. There is nothing spookier than wandering the dark hallways of the prison while listening to the cell bars clinking on your audio tour.

If you're afraid of the dark, catch the sunset from the outfield of AT&T Park with a Giants game, one of the most beautiful ballparks in the USA.

Finally, if you've done it all, head out to the House of Air in the Presidio and get your hop on, literally, it's a giant indoor trampoline park that features competitive dodgeball leagues on trampolines.



Alex hits the waves

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Going wild in the

If you've always wanted to go on safari without travelling to

▶The Wilds, a sprawling eastern Ohio wildlife conservation center on nearly 10,000 acres, in Cumberland, Ohio. Located about 90 minutes from Columbus.

You dine by the light of an outdoor fire, sleep in a yurt and wake up for a safari to see antelope, zebras, rhinos, giraffes and camels.

When your adventure ends, you return to your car for the short trip back to the world outside — in Ohio.

It's all part of an experience offered at the Wilds, a sprawling wildlife conservation centre on nearly 4,000 hectares, or about two-thirds the size of Manhattan, about 130 kilometres east of Columbus.

Two years ago, the Wilds opened Nomad Ridge, an encampment of yurts — circular tents, perched on stilts anchored into the side of a wooded ridge.

The Wilds' nine "woodland yurts" are available May through October. The larger "grand yurt" with heat and air conditioning is available year-round.

An overnight stay is packaged with dinner the night of arrival and breakfast the following morning created by a professional chef featuring Ohio game, produce and wines — plus a guided safari around the grounds to see a wide array of animals from either an enclosed bus (the Wilds prefers the term "transport") or an open-air vehicle. The experience is limited to adults 21 or older.

The free-roaming exotic animals are observed over the course of a couple of

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Montreal	one-way	**$49**
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Rome		**$70**
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Travel Jun 1 - Jun 8/ac		+ taxes & fees $117
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Los Angeles		**$439**
Travel May 30 - Jun 6/ac		+ taxes & fees $125
Buenos Aires		**$637**
Travel Sep 19 - Oct 4/lr/ta		+ taxes & fees $345

USA

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Family Special, Air + 7 Nights
$95◊

Champions World Resort + taxes & fees $277
INCLUDES accom close to theme parks. Departs Jun 3/ggv/ts. **BONUS** complimentary shuttle service to theme parks. Price is per person based on family of 4.

Las Vegas Air + 4 Nights **$295**
Imperial Palace + taxes & fees $307
INCLUDES accom on the strip. Departs Jul 17/swg/wg. **UPGRADE** to 4-star Luxor Hotel from $13 per night.

New Orleans Air + 4 Nights **$559**
Chateau Bourbon + taxes & fees $128
INCLUDES accom in the historic French Quarter. Departs Jun 5/ggv/us.

Boston Air + 3 Nights 4-Star **$609**
Royal Sonesta Hotel + taxes & fees $119
INCLUDES accom near sights and attractions. Departs Jun 10/ggv/aa.

New York Air + 3 Nights **$649**
Excelsior Hotel + taxes & fees $102
INCLUDES accom near Central Park. Departs Jun 5/ggv/dl. **ADD** theatre tickets to *Chicago, Billy Elliott, Mary Poppins* or *The Lion King* for $143.

Europe

Amsterdam
Air + First 2 Nights
$529

Ibis Amsterdam Center + taxes & fees $446
INCLUDES central accom with breakfast. Departs May 30/vat/ts. **ADD** Benelux Rail Pass for $244.

London Air + 7 Nights **$599**
Bayswater Inn + taxes & fees $522
INCLUDES central accom and breakfast daily. Departs Jun 1/thn/ts. **ADD** 2-day sightseeing pass for $93.

Munich Air + 7 Nights **$689**
Hotel Alfa + taxes & fees $502
INCLUDES accom located in the heart of the city and breakfast daily. Departs Jun 21/vat/ts.

Vienna Air + 7 Nights 4-Star **$699**
Fleming's Hotel + taxes & fees $489
INCLUDES airport transfers, central accom and breakfast daily. **BONUS** 3-day Vienna Card included. Departs Jun 20/vat/ts.

Lisbon Air + 7 Nights 4-Star **$899**
Hotel Mundial + taxes & fees $332
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Departs Jun 16/nol/ts. **UPGRADE** to the 5-star Riu Bachata for $33 per night.

Cancun 7 Nights 4-Star **$427**
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Ohioan outback?

Africa or Asia look no further than Cumberland, Ohio

B. FEINKNOPF/THE ASSOCIATED PRESS

hours.

The Wilds is a partner with the Columbus Zoo, and conservation of endangered species is part of its mission. Its animals include onagers, endangered horse-like animals native to Iran and other Middle Eastern and Asian countries. Two onagers were born at the Wilds last summer.

"I felt as if I had travelled a long way and was transported to another place even though it was only 2 1/2 hours from my home on the outskirts of Circleville, Ohio," said Carolyn Seitz, a former teacher who enjoyed a yurt stay and safari last year with her husband, to celebrate his birthday.

Seitz's reaction is common, said former executive director Evan Blumer.

"We're not fooling ourselves, you're not in Africa, you're not in Asia, but it's sure a heck of a lot easier, a whole lot faster and doesn't require a whole bunch of vaccinations," he said, adding that the experience is an amazing escape without having to go too far from home.

THE ASSOCIATED PRESS

If You Go ...

THE WILDS: 14000 International Rd., Cumberland, Ohio; thewilds.org or 740-638-5030.

- **Overnight** yurt stays for two, $325 plus tax including dinner, breakfast and safari.
- **Prices** for daily tours (without the yurt stay) lasting 90 minutes to 2 1/2 hours range from $10 to $30.
- **Daily** tours are offered Saturdays and Sundays May, September and October, and every day in June, July and August, 10 a.m.-4 p.m. (last tour departs at 4 p.m.)
- **New** additions in 2011 include horseback riding tours and zip lines.

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Five ways to an Irish life

- Ireland is a great place to visit and spend some time
- Here's the Metro guide to five great holiday options

ANDREW JOHNSTON
TRAVEL@METRONEWS.CA
METRO WORLD NEWS IN LONDON

"Ireland offers diverse holidays"

Ireland has plenty to offer visitors, from beautiful landscapes and coast, to lively towns, historical sites, iconic booze — Guinness and whisky — and hospitable people. Here's five different ways you might like to experience the 'Emerald Isle'.

1 WILD NATURE IN CONNEMARA

"Connemara is a savage beauty," said the great Irish dramatist Oscar Wilde. With its craggy mountain peaks, sprawling sandy beaches, ancient bogland and network of streams and lakes, for the Irish this region — the western portion of County Galway — is synonymous with untamed yet sublime nature. This diverse landscape will please the outdoorsy type. Delphi Mountain Resort offers accommodation and a whole wealth of energy-packed activities.

YES YES YES

CONTRIBUTED

2
ANCIENT MYTHS AT THE GIANT'S CAUSEWAY

Northern Ireland's Giant's Causeway is the stuff of legends. Irish scribes say that a gargantuan warrior named Fionn mac Cumhaill (Finn McCool) built the causeway to Scotland to confront his even larger counterpart Benandonner. After Fionn saw the size of his rival, he disguised himself as a baby. Benandonner saw the massive 'child' and started to wonder what size his father would be, so he destroyed the causeway as he returned to Scotland. In reality, this UNESCO World Heritage site — an area of 40,000 hexagonal basalt columns formed some 65 million years ago after a volcanic eruption – is a geological marvel (giantscausewayireland.com). You can spend the first half of your day traversing the fascinating rocks before heading five kilometres south to the town of Bushmills, home to the world-famous Old Bushmills Distillery for tasting tours (bushmills.com).

CONTRIBUTED

3
MUSIC IN GALWAY

This lively town is a great place for a city break, with a vibrant music scene. It's host to Ireland's largest annual arts festival, which presents the best of Ireland's writers, artists, poets and theatre groups as well as global superstars like Blondie and Badly Drawn Boy. There's also the annual week-long Galway Sessions festival, where 150 musicians perform in 80 gigs throughout the town, with jamming sessions in pubs, and you can river-dance the night away.

LEON FARRELL

4
LITERARY DUBLIN

The gift of the gab has made Ireland famous, but it is arguably literature that has made Dublin its own. Acknowledged for having a rich literary heritage, Dublin boasts four Nobel Laureates — playwright George Bernard Shaw, poets W.B. Yeats and Seamus Heaney, and the multi-faceted Samuel Beckett — not to mention great writers in James Joyce and Oscar Wilde. The best way to tap into that wealth of creativity is through the award-winning Dublin Literary Pub Crawl, where professional actors performing the works of the city's most famous writers entertain while you drink from one pub to the next (dublinpubcrawl.com). For Joycean enthusiasts, there is the annual James Joyce Bloomsday Festival that runs from June 11 to 16, centred on Bloomsday, a commemoration to celebrate the life of the famous writer and relive the events in his novel Ulysses – involving readings, dramatisations and street parties in central Dublin.

GETTY IMAGES

5
GOLFING IN KERRY

This county in the south-west is reknown for its craggy bays and mountains — it's home to the highest mountain in Ireland. Explore the pretty little villages where time stands still, or splash out on a fabulous golf and spa hotel in the heart of all the lush green landscape — this area is great for golfers. Clubs here have spellbinding views of the sea from their beautifully-tended links. The Irish Open takes place this year (killarney-golf.com).

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▶ A chef prepares Esclava de Langosta, a lobster dish, at La Moneda Cubana, a private restaurant in Old Havana, Cuba.

Contemporary Cuban

Cuisine taking a leap forward in a country moving into the modern era

At Cafe Laurent, they have the freedom to set their own prices, experiment with the menu, hand-pick employees who care about service — and pay them enough not to pilfer food for their families. It may seem like nothing out of the ordinary, but for a Cuba moving away from communism it has been huge.

The new eateries are a boon for well-off residents and tourists tired of the bland fare at many government restaurants.

"It's a lot better food, better service," said Simon Castellani, a 21-year-old visiting student from Copenhagen who was dining on fresh shrimp at Cafe Laurent.

Only a handful of the most successful survived the 1990s when Cuba cracked down on restaurants. Even La Guarida, whose A-list of past guests ran from Jack Nicholson to Queen Sofia of Spain, shut down in 2009. Its owner was quoted as saying the laws made it too tough to operate. The new rules allow the independent restaurants to seat up to 20 people. Gone is the ban on seafood and steak, as well as the rule on hiring only family members.

Since then 60 to 100 restaurants have been launched in Havana, including new, reopened and clandestine ones that went legit. They're also opening in lesser numbers in cities on the tourist route.

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A light approach to seafood salad

Eric Ripert of N.Y.C.'s Le Bernardin restaurant creates a salad of green papaya, shrimp and calamari

For Eric Ripert, a salad can be an anything goes experience — as long as it's small.

"A salad, for me, is part of a meal. I love plain green salads. Anything goes — arugula, bibb, Boston, watercress, mache," says Ripert, chef and owner of the three Michelin star Le Bernardin restaurant in New York.

Ripert offers this recipe he created while visiting Vietnam. It blends tart green papaya with shrimp and calamari, then dresses everything with mint, cilantro and a splash of lime juice and fish sauce.

THE ASSOCIATED PRESS/ MATTHEW MEAD

▶ This salad blends fish sauce with lime juice.

THE ASSOCIATED PRESS

Preparation:

1. In a bowl, whisk lime juice, sugar, fish sauce and olive oil. Add green papaya, carrot, scallions, jalapeno, mint and cilantro; toss to coat evenly. Season to taste with salt and pepper. Let salad sit and marinate for at least 5 minutes.
2. In non-stick skillet over medium-high, heat 30 ml (2 tbsp) of the canola oil. Season shrimp with salt and pepper, add to skillet and sear shrimp for 2 minutes per side. Transfer shrimp to a paper towel-lined plate.
3. Add remaining 30 ml (2 tbsp) of canola oil to skillet and return it to heat. When the oil is very hot, add calamari. Season with salt and pepper, quickly toss to cook calamari until they are just barely opaque, about 2 minutes.
4. Add shrimp and calamari to salad; toss to coat. Divide among 4 plates and serve.

Ingredients:

- 125 ml (1/2 cup) lime juice
- 10 ml (2 tsp) sugar
- 15 ml (1 tbsp) fish sauce
- 45 ml (3 tbsp) extra-virgin olive oil
- 1 green papaya, peeled, seeded and julienned
- 1 small carrot, peeled and julienned
- 2 scallions, thinly sliced
- 1 jalapeno pepper, halved, seeded and thinly sliced
- 50 ml (1/4 cup) fresh mint, julienned
- 50 ml (1/4 cup) fresh cilantro, julienned
- 60 ml (4 tbsp) canola oil, divided
- Fine sea salt and ground black pepper
- 285 g (10 oz) medium shrimp, peeled and deveined
- 285 g (10 oz) small calamari tubes, cleaned and sliced into rings

*Please refer to the full brochure or website for complete rules and regulations. Odds of winning any prize are approx. 1 in 3. All inquiries on the odds of winning are to be made to the licensee prior to ticket purchase. Only 250,000 tickets are available. Purchasers must be at least 18 years of age. 71,653 prizes at a value of $10,831,246 (including all taxes and freight), will be awarded. Early Bird sales deadline is June 9, 2011. Final sales deadline is June 14, 2011. On August 2, 2011 major winners will be published in the Toronto Star and a complete list of winners will also be available at www.heartandstroke.ca/lottery. *$2 million Grand Prize will be awarded as a lump sum. © Bank of Canada – bank note images used and altered with permission. Lottery Licence #: 3696

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Nailing down a network

STUDENT VOICE

ERIN BURY
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When I was in Carleton University's journalism program, I didn't really understand how difficult it would be to get a job when I got out of school, and I certainly didn't understand the value of networking and how much it mattered to career success.

I was attending school in Ottawa while living in Toronto during the summers, so it was difficult for me to find relevant summer positions in my field. This resulted in a string of fun summer jobs, none of which had anything to do with my goal of securing a job in public relations, journalism or communications upon graduation.

SUBMITTED

Luckily, my mom worked in public relations and she was able to set up some informational interviews for me during my fourth year reading week. This was the best thing I could have done, as it got my name out there and gave me a feel for what life at a PR agency was like.

One of the interviews I had, at Environics Communications, resulted in my first post-grad full-time position. But that wasn't until October and I graduated in April.

Those few months in between were really difficult. I applied for jobs constantly on sites like Workopolis, but it was like sending your resumé into an abyss.

I didn't have a good network in place, so I often relied on family contacts to get me in the door. While I appreciate the help my mom gave me, I hated that I was getting interviews based on nepotism.

Now I realize that most people land jobs based on referrals and that you have to take help whenever it's offered to you. While my contacts may have gotten me in the door, it was my smarts and ambition that got me the job.

I'm thankful that I got a full-time job shortly after graduation, but it certainly wouldn't have happened like it did without some pre-graduation networking, and introductions from trusted contacts.

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Sex Ed. effective?

Open communication is always the way to go

Most research on sex education targets teenagers, a group that wants and needs accurate, complete and unbiased information about sex, given that a significant proportion of adolescents engage in sexual activity. In 2005, 43 per cent of Canadian teens aged 15 to 19 reported that they had had sexual intercourse at least once. Eight per cent of teens reported having had sexual intercourse before they were 15 years old.

The effectiveness of most sexual health interventions is not evaluated. The research also has relatively weak research designs, such as poor use of control groups. However, here are some conclusions:

• Adolescents who receive comprehensive sex education have a lower risk of pregnancy than those who receive abstinence-only or no sex education. Comprehensive sex education includes information on birth control and on prevention of sexually transmitted diseases as well as abstinence messages.

• Programs that focus on abstinence without discussing safer sex behaviours do not seem to reduce HIV risk. Some abstinence-only programs can decrease teens' sexual behaviours, although the effects are modest and short term.

• Studies have found that self-esteem and adolescent's sexual behaviour and attitudes are not related, so self-esteem should not be the main focus of sex education.

COURTESY OF THE CANADIAN EDUCATION ASSOCIATION (CEA) AND THE ONTARIO INSTITUTE FOR STUDIES IN EDUCATION/UNIVERSITY OF TORONTO (OISE/UT)

PLEASE NOTE THAT DANIEL LUBLIN'S WORKPLACE LAW COLUMN WILL NOW BE APPEARING IN TUESDAY'S WORK SECTION. THIS WEEK'S ARTICLE CAN BE READ ONLINE AT METRONEWS.CA

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No Jays game? Blame it on the rain

The good news for the Detroit Tiger is that last night's rainout means they won't have to face the red-hot Blue Jays again until late June. Their game will be made up June 27.

Toronto lost three straight to the Tigers from May 7-9, but has won six straight since, including Monday's 4-2 victory.

The Blue Jays offence has been the key to the streak — averaging seven runs per game — and they have done it without Adam Lind, who has been out with a bad back.

Lind is hitting .313 in 32 games, and his 27 RBIs are tied for the team lead with Jose Bautista. He had hoped to return to the Toronto lineup in Detroit, but sustained a setback Monday and was placed on the disabled list, retroactive to May 8.

"He was taking batting practice and it tightened up on him again," Toronto manager John Farrell said. "We're going to send him down to Florida to our extended spring camp and let him work this out. The good news is that we're already half way into the 15-day period."

The Blue Jays replaced Lind on the roster with one of their top prospects, Eric Thames. The 24-year-old was in his first year at triple-A Las Vegas, where he was hitting .342.

THE ASSOCIATED PRESS

NATHAN DENETTE/THE CANADIAN PRESS

▶ Toronto FC's Joao Plata celebrates his goal Saturday against the Chicago Fire.

Another shot

TFC looking to avenge regular-season opening-game loss to Whitecaps
Tonight's game is first leg of Nutrilite Canadian Championship series

The Vancouver Whitecaps hope to rediscover their opening-day magic in the Nutrilite Canadian Championship series.

Vancouver will host Toronto FC tonight in the first game of the two-leg, aggregate goals competition. The Whitecaps celebrated their Major League Soccer debut in March with a convincing 4-2 comeback victory over the Reds before a sellout crowd at Empire Field.

It was just the result Vancouver was looking for as it sought to make a splash in North America's top league. But the Whitecaps, 1-5-5 in league play, have struggled since then.

At stake

The winner of the Canadian Championship series will qualify for 2012 CONCACAF Champions League play. The Champions League victor will represent the CONCACAF zone in the 2012 FIFA Club World Cup.

They have yet to post another win at home and have only one other victory, in the Canadian semifinal series at Montreal, in a season highlighted by come-from-behind home draws.

Tonight's game contains added significance for Vancouver because away goals rank as the first tie-breaker in this series. A West Coast win will give the Reds the upper hand before heading home for the second and deciding game May 25 at BMO Field.

Toronto coach Aron Winter, in his first season with TFC, said the opening-game loss was not indicative of his team's true abilities. The festive atmosphere favoured the Whitecaps. And the Reds needed time to adjust to their new coaches and system.

"It was our first game in the league," said Winter. "After two and a half months, we've made a fair bit of progress."

THE CANADIAN PRESS

4 sports

Quoted

"We've been able to bounce back this year no matter if it's been the regular season or the post-season."

LEBRON JAMES, VOWING HIS MIAMI HEAT WILL PERFORM BETTER IN GAME 2 AGAINST THE CHICAGO BULLS IN THE EASTERN CONFERENCE FINALS AFTER DROPPING GAME 1 103-82.

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Lumsden chooses sled over gridiron

Jesse Lumsden decided one foot in bobsled and the other in the Canadian Football League won't allow him to step onto the podium at the 2014 Winter Olympics.

The 28-year-old Canadian running back confirmed yesterday he had closed the door on his football career to concentrate on moving from the back of the bobsled to the front.

Once considered Canada's best running back when healthy, Lumsden wants to become the country's top bobsled pilot and win a gold medal in 2014.

He was a brakeman for Pierre Lueders at the 2010 Winter Games, finishing fifth in the two-man event and seventh in the four-man race.

"I realized how technical the sport is, how precise it is and how good you have to be to be fast," Lumsden said during a news conference at Canada Olympic Park in Calgary. "That's the goal. It's not to get down the hill anymore. It's to be fast.

"When I realized that, I realized I had to put my heart and soul into the endeavour. I don't want to just place and just get by. For me to be No. 1 in the world, it's going to require my full attention."

The six-foot-three, 228-pound Edmonton native won the 2004 Hec Crighton Trophy with McMaster as the top player in Canadian university football. He was drafted by the Hamilton Tiger-Cats.

But his pro career was star-crossed with injuries.

Lumsden had 1,842 rushing yards — most of them in four seasons with Hamilton — and 10 touchdowns during his CFL career.

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

▶Jesse Lumsden

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Vancouver Canucks Jeff Tambellini, left, Victor Oreskovich, Chris Higgins and Maxim Lapierre arrive for a team practice yesterday at the UBC Thunderbird Arena in Vancouver.

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Back end steps up for Canucks

'From Day 1 this year (blue-liners) have been the backbone of our team,' says captain Henrik Sedin

A puck-savvy, fluid defence is one of the reasons why the Vancouver Canucks scored more goals than any other team in the regular season.

The Canucks offensive engine is fuelled by a group of mobile defencemen who can move the puck quickly and are not afraid to jump into the play when given the chance.

"They move the puck well. You need your defence to help you offensively," captain Henrik Sedin said yesterday after practice. "They're going to be the guys to make the first pass. They're going to join the rush. If you don't have that, it's tough to score in this league."

Putting a road block in front of Vancouver's defencemen is something the San Jose Sharks will need to do when they face the Canucks in Game 2 of the Western Conference final tonight. The Sharks lost Sunday's opening game 3-2.

Vancouver defenceman Kevin Bieksa tied that game in the third period on a pass from Alex Burrows.

"Offence from our defence has been a big part of our team's success all year," said Bieksa, who has two goals and three assists in the playoffs. "It's just a matter of reading when the right time is."

The top gun on the Canucks defence is Christian Ehrhoff, who fed Henrik Sedin for the winning goal Sunday.

Ehrhoff has two goals and eight assists for 10 points in the playoffs, second in scoring among defencemen behind San Jose's Dan Boyle, who has 12 points (two goals, 10 assists).

Vancouver's defence helped the Canucks earn a league-leading 262 goals and allow the least with 241 over the regular season.

THE CANADIAN PRESS

SHARKS

CANUCKS

▶ **Time:** 9 p.m.
Channel: CBC

Clowe says it's time for Sharks to get physical

Ryane Clowe vows the Vancouver Canucks won't get off as easy in Game 2 of the Western Conference final.

The rugged forward says Canucks defencemen can expect to be pounded into the end boards while retrieving pucks from now on.

That didn't happen enough in Vancouver's 3-2 victory in Game 1 and Clowe, a six-foot-two, 220-pound left-winger, intends to do something about it tonight.

"We've obviously got big forwards and (delivering hits) is definitely a part of my game," said Clowe.

"We obviously weren't very good the other night. We've got to get skating, we've got to get physical."
SHARKS FOWARD DANY HEATLEY

Yet the Fermeuse, N.L., native has hands soft enough to generate four goals and 13 points this post-season to tie Joe Thornton for the team lead.

"Last game it was just one of those games where it was tough to get ... rhythm or momentum going," Clowe said.

"That comes off a lot of things but a lot of it has to do with wearing them down. That's a big part of my game and we've got a lot of forwards 220-plus."

THE CANADIAN PRESS

No lucky bounce for Raps

Cavs win top NBA draft pick with stunning rise Toronto falls to fifth

The Cleveland Cavaliers got a huge jump on their post-LeBron James rebuilding process last night, winning the lottery and the No. 1 selection in next month's NBA draft.

Turning a pick they acquired from the Los Angeles Clippers into the No. 1 selection, the Cavs will choose first for the first time since 2003, when they drafted James.

He left for Miami last summer and the Cavs tumbled to the second-worst record in the league, but they will have two top-four picks next month. Their own pick is No. 4.

Cavs owner Dan Gilbert sent his son and "hero," Nick, 14, to the podium in Secaucus, N.J., and the kid came up with a stunning victory, as the Clippers' pick, originally, had only a 2.8 per cent chance of landing at the top.

Nick Gilbert was born with Neurofibromatosis, a nerve disorder that causes tumours to grow anywhere in the body at any time.

The Cavs will likely decide between point guard Kyrie Irving of Duke or Arizona forward Derrick Williams as the top pick.

Minnesota will select second and Utah turned New Jersey's pick from the Deron Williams trade into the No. 3 selection.

The Toronto Raptors had the third-best chance at picking first, but dropped to fifth.

The Timberwolves continued their lottery losing streak, dropping for the eighth time. They had a 25 per cent chance of winning after finishing with a league-worst 17-65 record.

It was an important year to finish near the top. With the league's uncertain labour situation, the draft is not considered particularly deep. North Carolina's Harrison Barnes and Ohio State centre Jared Sullinger were among the expected lottery picks who instead decided to return to school.

THE ASSOCIATED PRESS

Colangelo stays

Bryan Colangelo will remain the man in charge of rebuilding the Toronto Raptors.

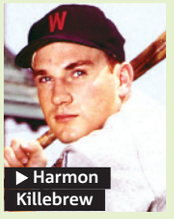
- The team's president and GM agreed to a multi-year contract extension yesterday.
- "I'm very pleased to get this resolved and I look forward to following through on the next critical phase of rebuilding our basketball team," Colangelo said in a statement.
- Toronto had the third-worst record in the NBA in 2010-11. Colangelo represented the team at the NBA draft lottery last night.
- The Raptors have until mid-June to exercise the option year on coach Jay Triano's contract. THE CANADIAN PRESS

BASEBALL HALL OF FAMER

Killebrew dead at age 74

Harmon Killebrew, the affable, big-swinging Hall of Famer whose tape-measure home runs made him the cornerstone of the Minnesota Twins and perhaps the most popular player in the team's 51-year history, died yesterday after battling esophageal cancer. He was 74.

THE ASSOCIATED PRESS



▶ Harmon Killebrew

The Twins said Killebrew passed away peacefully at his home in Scottsdale, Ariz., with his wife, Nita, and their family at his side. He announced his diagnosis just six months ago, and last week Killebrew said he was settling in for the final days of his life after doctors deemed the "awful disease" incurable.

Killebrew is 11th on baseball's all-time home run list after an exceptional 22-year career. His eight seasons with 40 or more homers is still tied for second in league history to Babe Ruth, and his uppercut swing formed the silhouette that inspired Major League Baseball's official logo.

At Target Field, where the video board showed a picture of Killebrew, members of the Twins' ground crew slowly lifted home plate and slipped under it a plastic-encased, black-and-white photo of Killebrew winding up for a swing. The picture, believed to be from the 1960s, will stay beneath the plate the rest of the season. THE ASSOCIATED PRESS

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Engine

The Veloster's 138-horsepower 1.6-litre engine has the same output as the previous Elantra's 1.8-litre engine, however numerous technological improvements have enabled many automakers, including Hyundai, to reduce engine displacement to improve fuel economy without losing any power.

Interior

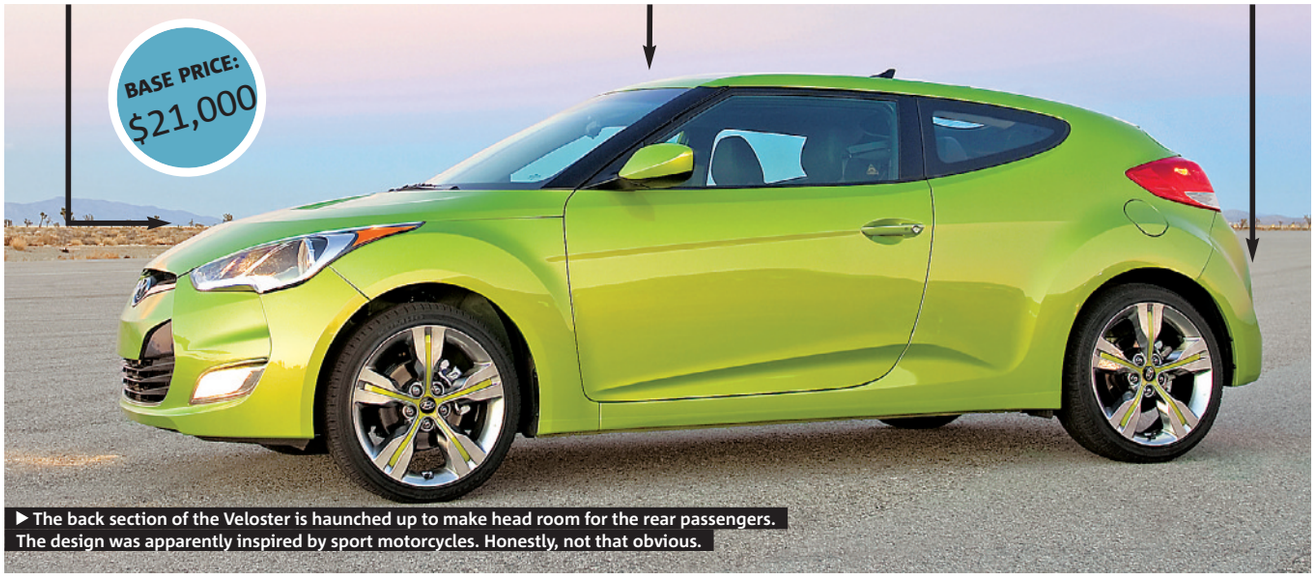
The interior provides seating for four passengers and has easy-to-read gauges and control-panel knobs for the driver.

In terms of optional features, there is an upgraded interior, push-button start, up-level 450-watt sound package, navigation system, panoramic sunroof and 18-inch alloy wheels (17-inch alloys are standard).

Rear door

The key design element of the Veloster is the well-camouflaged full-sized front-hinged rear door.

It differs from other rear-hinged openings (such as those found on the Mazda RX-8 or the retired Saturn coupe) in that it can be accessed from the outside or inside and doesn't require the front passenger door to be unlatched first.



▶ The back section of the Veloster is haunched up to make head room for the rear passengers. The design was apparently inspired by sport motorcycles. Honestly, not that obvious.

The Veloster: Hyundai's next game-changer

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

There's something rather odd going on at Hyundai these days. It's name is Veloster and it has three different-sized passenger doors.

Yes, the 2012 Veloster is an oddity.

The lack of portal symmetry certainly sets it apart from virtually anything else on the road, which is exactly what Hyundai's designers have been striving for lately. When you consider how dramatically different the latest Sonata and Elantra sedans appear from their respective mainstream peers, it was almost a forgone conclusion that shredding the styling envelope would continue.

The Veloster, available late this summer, is the slow-to-arrive replacement for the Tiburon sport coupe that was phased out following the 2008 model year.

Hyundai always planned to replace its entry-level "shark" (that's what Tiburon means in Spanish), but it first focused on launching the upstart Genesis coupe that runs in the same rear-wheel-drive class as the Ford Mustang, Chevy Camaro and Dodge Challenger, but without the V8 option, of course.

By comparison, the front-wheel-drive Veloster plays in a different sandbox where affordability and fuel economy are as important as eye-catching styling.

In all three areas, the Veloster could become a serious category crusher.

The Veloster will likely become another game-changing model for Hyundai. Count this as yet another groundbreaking design in the company's recent automotive arsenal.

Hyundai Veloster

- **Types:** Three-door, front-wheel-drive hatchback-coupe.
- **Engine (hp):** 1.6-litre DOHC I4 (138).
- **Transmission:** Six-speed manual; six-speed manual with automatic clutch.
- **Stats:** L/100 km (city/hwy) 7.5/5.0 (est. DCT).

5 drive

By comparison

Honda Civic Coupe
Base price: $20,300 (est.)
New ninth-generation 2012 models appear similar to 2011 versions.

Kia Forte Koup
Base price: $20,450
More formal than its Hyundai counterpart. Two strong I4 engine choices.

Scion tC
Base price: $22,350
Roomy hatch comes with a powerful I4 engine plus plenty of standard gear.

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HONDA'S ASIMO ROBOT IS HIGH TECH ... AND CUTE

AUTO PILOT

MIKE GOETZ
DRIVE
@METRONEWS.CA

Honda designs and builds a lot of vehicles. Honda has also developed ASIMO, one of the world's most advanced humanoid robots.

At first blush it doesn't seem like the two enterprises have much in common. Like Tim Hortons having a division that builds canoes.

But according to Honda, the thing that binds cars and trucks, motorcycles, the new HondaJet, and humanoid robots all together is that they all contribute to human "mobility."

ASIMO is designed to be a helper to people who have limited mobility, such as those confined to wheelchairs and beds.

I know what you're thinking — can ASIMO help me if I'm just lazy? I don't see why not. Like, how's it going to know?

I had a chance to see ASIMO last week, at its visit to the Ontario Science Centre in Toronto, where it performed to an appreciative audience of young students.

Or maybe the students were just happy to get the day off from school.

Either way, they applauded and cheered when ASIMO responded to questions from his handler, kicked a soccer ball, stood on one leg, walked up and down a flight of steps and ran across the stage.

Very impressive indeed.

CONTRIBUTED

▶ Standing at four-feet, three inches tall, Honda's ASIMO robot weighs 119 pounds.

After the "performance," ASIMO was joined on stage by Eric Wedin, project leader of the ASIMO team, to take some questions from the students, and one of the first questions went right to the heart of the matter: "How much money has Honda spent on ASIMO?"

"ASIMO is a priceless piece of R&D technology," was Wedin's practiced reply.

Other questions were, in turn, insightful and slightly off the wall. I preferred those in the latter group, like … "Can ASIMO swim?"… "Can ASIMO travel on rough ground?" … "Could you put a jet-pack on ASIMO?"

The subtext of this line of questioning seemed, to me at least, that the youngsters had no pressing need for ASIMO's help around the kitchen, but would love to pal around with a mini Ironman that would give you some 'cred around the neighbourhood. Why make a robot if it can't shoot lasers?

Later, I asked Wedin to expound on the decision to make ASIMO so cute.

He said cuteness and a small scale (just over four feet) were definite design criteria, considering its "people helper" role.

At that height it can relate better at eye-level to immobilized individuals. Makes sense… Who wants a seven-foot robot bringing you some porridge?

Robots don't have to be humanoid. In fact, they might be more useful and capable if they took on some other form.

According to Wedin, ASIMO is humanoid because of the comfort factor and because it needs to operate in environments that have been optimized for humanoids — like homes, schools and hospitals.

The human form obviously works too, so it's not the worst one to research — even if your business model is currently based on wheeled devices.

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Rondo EX-V6 Luxury shown

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Sportage EX Luxury shown

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$3,270 down payment.
Offer includes delivery, destination and fees of $1,784.

HWY: 6.9L/100KM (41 MPG)
CITY: 10.0L/100KM (28 MPG)

TOP SAFETY PICK 2011^ INSURANCE INSTITUTE FOR HIGHWAY SAFETY

Sorento EX-V6 Luxury shown

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Offer includes delivery, destination and fees of $1,784.

HWY: 7.4L/100KM (38 MPG)
CITY: 10.6L/100KM (27 MPG)

TOP SAFETY PICK 2011^ INSURANCE INSTITUTE FOR HIGHWAY SAFETY

Soul 4u shown

2011 KIA SOUL

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Offer(s) available on all new 2011 models through participating dealers to qualified customers who take delivery by May 31, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. **0% purchase financing available on all 2011 models on approved credit (OAC). Term varies by model and trim. Financing example based on 2011 Rondo (RN75B) with a selling price of $21,679, financed at 0% APR for 60 months. Monthly payments equal $361.31 with a down payment/equivalent trade of $0. Cost of borrowing is $0, for a total obligation of $21,679. Delivery and destination fees ($1,650), other fees ($34), OMVIC fee, Environmental Fee and A/C tax (where applicable) are included. License, insurance, applicable taxes, variable dealer administration fees (up to $699), PPSA and registration fees are extra. Financing example excludes $1,000 loan credit. Retailer may sell for less. See dealer for full details. *"Don't Pay for 90 Days" on select models (90-day payment deferral) applies to purchase financing offers on 2011 Forte, 2011 Forte Koup, 2011 Forte5, 2011 Rio, 2011 Rio5, 2011 Rondo, 2011 Soul and 2011 Optima models on approved credit (OAC). No interest will accrue during the first 60 days of the finance contract. After this period interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. ◂Lease offer available on 2011 Sportage (SP55AB) is $289 (includes delivery and destination fees of $1,650, $500 lease credit, $34 OMVIC fee, EHF (tires) and $100 air conditioning tax, where applicable) for 48 months at 2.9% lease APR with a $3,270 down payment. Total lease obligation is $17,761 with the option to purchase at the end of the term for $7,721. Lease has 20,000 km/year allowance (other packages available and $0.10/km for excess kilometres). Other taxes, registration, insurance, licensing and dealer administration fees ($699) are excluded. ‡Cash purchase price for 2011 Sorento (SR54DB) is $21,679 and includes a cash credit of $4,100, delivery and destination fees of $1,650, OMVIC fee, Environmental Fee and Air Tax (where applicable) based on an MSRP of $25,779. Cash purchase price excludes licensing, registration, insurance, PPSA and applicable taxes. ◂Loan credit (cash savings) for 2011 Rondo (RN75B)/2011 Soul (SO55DB) is $1,000/$500, and is available on purchase financing only on approved credit (OAC). Loan credit varies by model and trim. All offers exclude licensing, registration, insurance, PPSA, applicable taxes and variable dealer administration fees (up to $699). ^ Highway/city fuel consumption for 2011 Rondo (RN75B) is 7.5L (38 MPG)/10.6L (27 MPG); 2011 Sportage (SP55AB) is 6.9L (41 MPG)/10.0L (28 MPG); 2011 Sorento (SR54DB) is 7.4L (38 MPG)/10.6L (27 MPG); 2011 Soul (SO55DB) is 6.3L (45 MPG)/7.7L (37 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication *EnerGuide Fuel Consumption Guide*. ◂Loyalty Bonus offer available on 2011 Kia Sedona/Rondo models at a value of $1,000/$750 for any current Kia owners towards the purchase or lease of a new 2011MY Sedona/Rondo. Offer applicable to cash purchase, lease and purchase financing only before May 31, 2011. Offer is transferrable within same household only (must provide proof of address). Limit of one bonus per customer or household. Certain restrictions apply. See dealer for details. ◂Competitive Bonus offer available on the purchase or lease of new 2011 Sedona/Rondo models at a value of $750/$500 (deducted before tax) for owners of select competitive vehicles with proof of ownership. See dealer or kia.ca for eligibility of competitive vehicles and full program details. Certain restrictions apply. Offer is transferrable within same household (must provide proof of address). Limit of one bonus per customer or household. Offer ends May 31, 2011. ^2011 Kia Sportage/2011 Kia Sorento/2011 Kia Soul awarded the Top Safety Pick by the Insurance Institute for Highway Safety. The award is applicable to all 2011 Sorento/2011 Sportage models manufactured after March 2010. Visit www.iihs.org for full details. △2011 Kia Sportage awarded Car of the Year by *Motoring.2011*' for Best SUV/CUV (under $40,000) and overall Car of the Year. Visit www.motoringtv.com for full details. °The Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the $500 Grad Rebate Program and $750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Offers end May 31, 2011. 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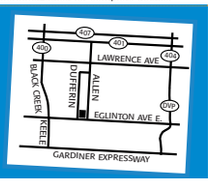


Bubbles like an Aero bar

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

There's an old saying in horse racing, "Weight will stop a freight train."

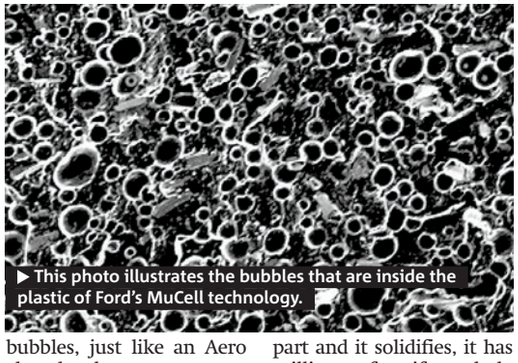
It refers to the fact that, in certain races, faster horses will have weights put in their saddles to even out the field.

Similarly, weight is an issue in cars, where more fuel is needed to move around any excess flab.

Making components lighter is now a priority with automakers, including Ford, which will be using its MuCell technology in the future to reduce the weight of certain plastic parts.

These don't look any different from solid plastic parts on the outside, but if you were to cut one in half, you'd see that the plastic is filled with millions of tiny bubbles, just like an Aero chocolate bar.

FORD



▶ This photo illustrates the bubbles that are inside the plastic of Ford's MuCell technology.

The technology was initially developed by the Massachusetts Institute of Technology in the late 1980s, but Ford says it has not yet been used in the automotive industry.

"Basically what we do is take a gas such as nitrogen, and we mix it with the molten plastic when we're ready to injection-mould," says Ellen Lee, a technical expert in plastics research at Ford.

"When you mould the part and it solidifies, it has millions of uniform bubbles, so that we can reduce the amount of material we use and reduce the weight."

MuCell can only be used in thermal plastic, the type that is melted and then formed by injection moulding or extrusion.

This type of plastic always shrinks when it hardens, but Lee says that the MuCell product shrinks more uniformly, fills the mould quickly and evenly, and requires less time to produce parts.

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2011 COROLLA CE HWY 6.0L/100 KM (50 MPG) CITY 7.4L/100 KM (38 MPG)†
all-in lease $0 Down payment $179* @ 3.4% APR per month for 60 months when you apply the $2,000^ Cash Incentive. Includes freight and fees, HST extra. 0% APR Purchase financing for 36 months. $2,000^ Cash Incentive

2011 CAMRY LE HWY 8.0L/100 KM (47 MPG)† CITY 5.6L/100 KM (51 MPG)†
all-in price 26,935* $2,500^ Cash Customer Incentive
24,435 All-in cash price after incentives. Includes freight and fees, HST extra.

2011 VENZA HWY 8.0L/100 KM (42 MPG)† CITY 10.0L/100 KM (28 MPG)†
all-in price 31,005* $2,000^ Cash Customer Incentive
$29,005 All-in cash price after incentives. Includes freight and fees, HST extra.

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2011 Jeep Wrangler Rubicon 4x4 shown.§

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- Hwy: 7.0L/100 km and City: 9.0L/100 km▫
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2011 Jeep Compass Sport 4x2 in Deep Cherry Red shown.

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8.9L/100 KM HWY▫

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- More than 45 safety & security features

2011 Jeep Grand Cherokee Overland in White Gold shown.

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Wise customers read the fine print: •, ▾, ††, § The Jeep 70th Anniversary Event offers apply to retail deliveries of selected new and unused models purchased from participating retailers between May 3 and May 31, 2011. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailers for complete details and conditions. •$18,995 Purchase Price applies to 2011 Jeep Wrangler 2-door Sport 4x4 (23B) only and includes $3,250 Consumer Cash Discount. See participating retailers for complete details. Pricing includes freight ($1,400), air tax, tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2010 and select 2011 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. ††Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services and Ally Credit Canada is available at participating dealerships to qualified retail customers on select new 2011 Chrysler, Jeep, Dodge and Ram models. The following terms apply to TD Financing Services contracts. **(Different contract terms apply to Ally Credit Canada offers. See your retailer for complete details.)** Vehicles are financed over a 36-, 48- or 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and similar charges, any retailer administration fees and other applicable fees and taxes) or purchasing the vehicle at the pre-determined residual balance. Offers cannot be applied to the purchase of fleet vehicles and may not be combined with some other offers. Examples: 2011 Jeep Wrangler 2-door Sport 4x4 (23B)/2011 Jeep Compass North Edition 4x2 (26E)/2011 Jeep Grand Cherokee Laredo (26G) with a Purchase Price of $18,995/$21,995/$37,995 financed at 6.49%/3.99%/0% APR over 36/36/36 months with $3,099/$2,849/$5,999 down and payments amortized over 95/71/74 months equals 78 bi-weekly payments of $99/$139/$199 and one final payment of $10,630/$10,070/$16,483 for a cost of borrowing of $2,631/$1,774/$0 and a total obligation of $21,626.41/$23,769.47/$37,995.01. Taxes, licence, insurance, registration, access mileage and wear and tear charges, any retailer administration fees and other applicable fees and charges not included. Retailers may sell for less. See participating retailers for complete details. §2011 Jeep Wrangler Rubicon shown. Price including applicable Consumer Cash Discount: $29,780. Pricing includes freight ($1,400), air tax, tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. See bottom of the ad for range of potential retailer fees. Retailer order/trade may be necessary. Retailers may sell for less. ▾Based on *Ward's* 2010 Middle SUV classification. The Best Buy Seal is a registered trademark of Consumer Digest Communications LLC, used under licence. ▫Based on 2011 EnerGuide Fuel Consumption Guide ratings published by Natural Resources Canada. Transport Canada test methods used. Your actual fuel consumption may vary. 2011 Jeep Grand Cherokee Laredo V6 – Hwy: 8.9L/100 km and City: 13.0L/100 km. 2011 Jeep Compass 4x2 2.4L 5-speed manual – Hwy: 7.0L/100 km and City: 9.0L/100 km. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. Customer Choice Financing is a trademark of Chrysler Group LLC.

Welcome to the Light Club

The first rule of Light Club is that every gram counts ... the second rule of Light Club is that every gram counts

JOE KNYCHA
WHEELBASE MEDIA
DRIVE@METRONEWS.CA

Three words — every gram counts — frame the engineering mindset at Audi these days as it delves into the science of lightweight construction and its effects on vehicle safety, performance, efficiency and emissions.

But simple words don't always translate into easy action.

Achieving lightness has become incredibly complex business.

In addition to reducing the weight of individual components and systems, carbon-fibre-reinforced plastics (CFRPs) are joining aluminum and ultra-high-strength steels to make vehicle bodies that are not just lighter, but almost indestructible.

CFRPs and exotic resins are layered, molded, pressed, formed and baked in giant ovens into components that are stronger than steel but weigh almost half as much.

The new plastics do not lend themselves easily to mass production and working with carbon fibre has traditionally been both time — and labour-intensive.

40%

The body of Audi's newest A8 limousine is 40 per cent lighter, and considerably stronger, than if it were made of steel.

But Audi says it has made breakthroughs in dealing with the new-age plastics.

A lighter body is the starting point for weight reductions on other parts of the car as engineers work to shave "every possible gram" (without compromising durability or function) from the drivetrain, suspension, passenger compartment, electrical system and the electronics.

Lightweight construction is a "strategic" policy that Audi's competitors are only now beginning to adopt, said Alois Feldschmid, head of total vehicle development.

"A lighter car accelerates, brakes and corners better and has sustainable economic and ecological results."

In an industry where the rule has been that vehicles get bigger and heavier over time, Audi is attempting "reversing the weight spiral."

The company has developed "competence" over the past 30 years in the use of combined materials, said Feldschmid.

It has incorporated carbon fibre into its cars since first using it for body parts on the original 1980 Audi Quattro.

Different materials with different strengths require new technologies to join them, not only in metal-on-metal applications, but also metal-on-plastic, said Dr. Klaus Koglin, head of technical development.

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AUDI

▶ Carbon fibre begins as a pliable product with the resin built right in. It's formed into a mold, by hand, put into a plastic bag and all the air is drawn out. It's perfectly suited to the low-volume, high-performance requirements of an ultra-expensive sports car such as the Lamborghini Aventador.

WHEELBASE MEDIA

▶ The Lamborghini Aventador LP700-4's entire carbon-fibre body shell (above) weighs 147 kilograms. Below is a shot of the finished product.

AUDI

Lambo lightness

- In Sant'Agata Bolognese, Italy, Audi subsidiary Lamborghini — the maker of exotic sports cars — has incorporated into its new flagship Aventador LP700-4, for the first time in any series production road vehicle, a full monocoque body structure made entirely from carbon fibre.
- Rather than a body that sits on a separate frame, a monocoque design uses the body as the frame structure.
- In a process that is still labour intensive and expensive, Lamborghini has taken the time required to complete a full body-in-white (the unpainted vehicle's basic body structure, including sheet metal but minus bolt-on components, like doors) to just over 120 hours from several weeks.
- The entire "shell" weighs just 147 kilograms yet is so rigid that any bending or twisting of the structure under conditions of extreme loading is virtually non-existent and undetectable by humans.
- Stiffness is crucial for safety as well as providing a platform for razor-sharp handling where the suspension does not have to compensate for a flimsy chassis.

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Twins: Platform-sharing pleasures

Avenger/Sebring look reliable, but may suffer from driveline electronics problems

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

TORSTAR NEWS SERVICE

2008 Dodge Avenger

Platform sharing brought the Chrysler Sebring and Dodge Avenger into 2007 and 2008, respectively, on a new platform while offering new styling, engines and features.

These corporate twins from Chrysler were offered in a sedan model, while the Sebring could be had as an affordable convertible.

Power came from a 2.4-litre four-cylinder engine with 172 horsepower, or a 3.5-litre V6 with 235. Look for four or six-speed automatic transmissions.

All models were front-wheel drive, though All Wheel Drive (AWD) could be specified on certain models in certain years.

Look for features like automatic climate control, heated leather seats, a sunroof, premium audio by Boston Acoustics, navigation, Bluetooth and sexy LED interior lighting.

Consider either the Sebring or Avenger as an alternative to models like the Honda Accord, Toyota Camry, Ford Fusion or Chevrolet Malibu.

Common issues to be aware of

Among the most common problems reported with this generation of Sebring and Avenger were related to electronics. Stalling, sporadic power delivery and even transmission driveability issues could all be electronics related — so be sure to ask the seller if they've ever experienced such problems and whether or not they've been rectified.

Some owners say the stalling issue is more prevalent in cold or damp weather and at low speeds.

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$2,500▲ Cash Customer Incentive

$24,435 All-in cash price after incentives. Includes freight and fees. HST extra.

2011 VENZA

HWY 6.8L/100 KM (42 MPG)†
CITY 10.0L/100 KM (28 MPG)†

all-in price $31,005◇
$2,000▲ Cash Customer Incentive

$29,005 All-in cash price after incentives. Includes freight and fees. HST extra.

2011 COROLLA CE

HWY 5.9L/100 KM (50 MPG)† CITY 7.4L/100 KM (38 MPG)†

all-in lease **$179*** @ **3.4%** APR
$0 Down payment
per month for 60 months when you apply the $2,000* Cash Incentive. Includes freight and fees. HST extra.

0% APR¥ Purchase financing for 36 months.

$2,000▲ Cash Incentive

2011 RAV4

HWY 6.9L/100 KM (41 MPG)† CITY 9.5L/100 KM (30 MPG)†

all-in lease **$307*** @ **3.4%** APR
$0 Down payment
per month for 60 months when you apply the $1,000* Cash Incentive. Includes freight and fees. HST extra.

0% APR¥ Purchase financing for 36 months.

$1,000▲ Cash Incentive

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Limited time lease and finance offers available from Toyota Financial Services on approved credit. All-in price of a new 2011 RAV4 FWD (Model ZF4DVPA)/2011 Corolla (Model BU42EMA) is $26,290/$16,875. All-in price includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable). HST, licensing, registration and insurance are extra. Dealer may sell for less. ¥0%/0% finance APR per month for 36/36 months. Example $25,000 at 0% at 36 months, monthly payment is $694. Cost of borrowing is $0 for a total obligation of $25,000. *3.4%/3.4% lease APR for 60/60 months. Monthly payment is $307/$179 when you apply the $1,000/$2,000 Cash Incentive with a $0/$0 down payment or trade equivalent, and first monthly payment due at lease inception. Total lease obligation is $18,445/$10,771. All-In lease includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable), HST, licensing, registration and insurance are extra. Dealer may sell for less. Based on a maximum of 120,000/120,000KMS. Additional KM charge of $.10/$.07 for excess kilometres if applicable. ✦Cash Incentives are available on new 2011 RAV4 and 2011 Corolla. Cash Incentive on a new 2011 RAV4 FWD is comprised of $1,000 Four Million Sold Bonus. Cash Incentive on a new 2011 Corolla is comprised of $500 Four Million Sold Bonus and $1,500 Customer Incentive and is valid on retail delivery when leased, financed or purchased from an Ontario Toyota dealership. Customer Incentive offer is valid on retail delivery of a new 2011 Corolla when leased, financed or purchased from an Ontario Toyota dealership. Offers are valid to retail customers (excluding fleet sales) when purchased from an Ontario Toyota dealership. Vehicles receiving cash incentives must be purchased, registered and delivered between May 3 and May 31, 2011. ◇All-In price of a new 2011 Venza FWD (Model 2A3BBTA) is $26,935/$31,005. All-In price includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable), HST, licensing, registration and insurance are extra. Dealer may sell for less. ▲$2,500/$2,000 Cash Customer Incentive is available on a new 2011 Camry/2011 Venza and is valid on retail delivery for all Toyota retail customers **except** customers who lease or purchase finance through Toyota Financial Services at a special rate of interest offered by Toyota as a part of a low rate interest program. Advertised lease and finance rates are special rates. Cash Customer Incentive takes place at time of delivery and will apply after taxes have been charged on the full amount of negotiated price. Vehicles receiving incentives must be purchased, registered and delivered between May 3 and May 31, 2011. ▼Based on 2010 year end manufacturers' self-reported passenger car sales. §Based on most recent Transport Canada Company Average Fuel Consumption (CAFC) for passenger cars. CAFC number is a manufacturer's sales-weighted fuel consumption average for all vehicles sold in its fleet. ‡Based on value retained from original MSRP for 2007 model year vehicle as published by CBB, as of 1 January 2011. †These estimates are based on the Government of Canada's approved criteria and testing methods. The actual fuel consumption of these vehicles may vary. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. All rights are reserved. Dealer may sell/lease for less. Offers are valid between May 3 and May 31, 2011 and are subject to change without notice. Please see your participating Toyota Dealer for full details.

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TODD BOURGON
EXECUTIVE DIRECTOR, TORONTO AUTOMOBILE DEALERS ASSOCIATION
TADA@METRONEWS.CA

GETTING TUNED-UP FOR SPRING

It's that time of year.

Outdoor chores start and we get more mobile as the days get longer and warmer. Cleaning up around the garden and getting that spring tune-up are two common rituals of the season.

Automobile technicians recommend giving your vehicle a tune-up regularly in order to keep it running smoothly and efficiently. Dealerships often advertise deals on springtime tune-ups alongside lube, oil and filter offers but few motorists likely know what is involved in this process.

Years ago a tune-up consisted of various measures that have become obsolete due to advancements in automotive technology. Gone are the days of painstakingly ensuring your distributor points are properly aligned and moderating your vehicle's air to fuel ratio by fiddling with the carburetor.

Thanks to the incorporation of materials like platinum, spark plugs don't even have to be replaced as often as they used to. That's not to say your vehicle is maintenance-free by any means. So what should be done in the spring?

The Electronic Control Unit (ECU) is a computerized, modern-day version of the aforementioned technologies. Based on information like engine coolant temperature, barometric pressure and air flow, the ECU determines optimum settings for the fuel injection system, ignition timing and idle speed.

Your technician can ensure that all of these aspects are running as they should be. These are all things that can contribute to excessive emissions, as well as the fuel mileage your car is getting, which is an important thing to note as gas quickly approaches $1.50/L.

I asked one of our member dealers, Bob Redinger, owner of Ready Honda, what he suggests.

"A yearly tune-up allows for a professional to check your vehicle's belts, hoses and fluid levels, which could identify damage or leaks early on rather than leaving you stranded on the side of the road," Redinger said. "Spring is also a good time to have your air conditioning checked since it likely hasn't been used since last summer."

Cars are increasingly sophisticated machines that require a certain element of preventive maintenance in order to keep them running at their optimum levels. A tune-up is therefore a regularly scheduled opportunity to perform preventive maintenance that may seem unnecessary at the time, but can prevent future issues that will prove even more costly and ultimately extend the life of your vehicle.

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♦$9,500/$2,000/$4,200 is a manufacturer to dealer delivery credit (tax exclusive) for 2011 Chevrolet Silverado 1500 Ext. Cab/2011 Chevrolet Malibu/2011 Chevrolet Traverse and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. * Offer applies to the purchase of 2011 Chevrolet (Malibu LS R7C/Aveo5 LS R7A/Equinox LS FWD R7A/Traverse LS FWD R7A). ‡0% purchase financing offered by GMCL for 48 months on 2011 Chevrolet (Malibu LS R7C/Aveo5 LS R7A/Equinox LS FWD R7A/Traverse LS FWD R7A). 0.4 L/hy TD Bank. Rates from other lenders will vary. Example: $10,000 at 0%, APR, monthly payment is $208.33 for 48 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. ♦*/‡Freight & PDI ($1,450/$1,450/$1,450/$1,450/$1,450), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2011 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. △2011 Chevrolet Malibu equipped with standard 2.4L ECOTEC I-4 engine and 6-speed automatic transmission. 2011 Chevrolet Aveo5 equipped with standard 1.6L ECOTEC I-4 engine and 5-speed manual transmission. 2011 Chevrolet Equinox FWD. 2011 Chevrolet Traverse FWD. Fuel consumption ratings based on Natural Resources Canada's 2011 Fuel Consumption Guide. Your actual fuel consumption may vary. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ©For more information go to iihs.org/ratings. †Subject to Vehicle Redemption Allowances. For complete GM Card Program Rules, including current Redemption Allowances, transferability of Earnings, and other applicable restrictions for all eligible GM vehicles, see your GM Dealer, call the GM Card Redemption Centre at 1-888-446-6232 or visit TheGMCard.ca. Subject to applicable law, GMCL may modify or terminate the Program in whole or in part with or without notice to you. ††2011 Chevrolet Malibu LTZ, MSRP with freight, PDI & levies $34,589. 2011 Aveo5 LS with PDC, MSRP with freight, PDI & levies $16,409. 2011 Chevrolet Equinox LTZ, MSRP with freight, PDI & levies $35,244. Dealers are free to set individual prices. ♦♦Offer applies to new or demonstrator 2011 model year Chevrolet, Buick and GMC vehicles delivered between May 3, 2011 and June 30, 2011 at participating dealers in Canada. The Scheduled Maintenance program coverage expires after 36 months/60,000 km, whichever comes first, from the in-service date of the vehicle. This Scheduled Maintenance offer is a GM Canada marketing program and coverage cannot be redeemed for cash value. Program covers inspections, engine oil and filters change (up to a maximum of 6 services) and tire rotation in accordance with the vehicle's oil life monitoring system, if applicable, or as prescribed in the Owner Manual. Scheduled Maintenance services under this program must be performed at a GM Goodwrench dealer in Canada. Program excludes other replacement parts, fluids, and any "Additional Required Services" as outlined in the Owner Manual that may be identified during the inspection of the vehicle. Alternatively, a $500 manufacturer-to-dealer credit (tax exclusive) may be applied to the vehicle purchase price for customers who opt out of the Scheduled Maintenance program. Offer available to retail customers in Canada only. Offer may not be combined with certain other consumer incentives available on GM vehicles. GMCL may modify, extend or terminate this offer, in whole or in part, at any time without notice. Conditions and limitations apply. See Dealer for details. ‡‡0% purchase financing offered by GMCL for 48 months on 2011 [Chevrolet (Aveo, Malibu, Equinox & Traverse)/GMC (Terrain & Acadia)/Buick Enclave]. OAC. Rates from other lenders will vary. See dealer for details. +To qualify for the GMCL Cash For Leases Bonus under Lease Busters' Cash For Leases program, you must: (i) be a Canadian vehicle leasing customer with at least four months remaining on your lease; and (ii) execute and complete a lease transfer by listing your vehicle pursuant to a lease-take-over listing on leasebusters.com. Lease listing and transfer fees apply. Cash For Leases Bonus, a manufacturer to consumer incentive (tax inclusive), is available to eligible retail customers, for use towards the purchase/finance/lease of a new eligible 2010/2011 MY Buick/Chevrolet/GMC/Cadillac vehicle delivered between 01/13/2011–06/30/2011. Incentive may not be combined with certain other offers. Some conditions apply. GMCL may modify, extend or terminate offer in whole or in part at any time without notice. GMCL is not responsible or liable for the Lease Busters lease-take-over program. See dealer or gmi.ca or cashforleases.com for details. ♣Customers eligible for a GM Owner Loyalty Bonus will receive a $1,000/$750/$500 manufacturer to consumer incentive (tax inclusive). Example: $10,000 purchase price, after tax price is $11,300 ($10,000 plus $1,300 applicable taxes). After applying $1,000/$750/$500 credit, after tax price is $10,300/$10,550/$10,800 ($885/$664/$442 reduced purchase price plus $1115/$836/$558 applicable taxes), with the $1,000/$750/$500 credit being the $885/$664/$442 reduction from the purchase price and the $115/$86/$58 reduction in taxes which would have otherwise been payable on the full purchase price. $500 Credit may be applied towards the purchase/finance/lease of an eligible new 2010/2011 Model Year Chevrolet Aveo, Cobalt and Cruze (excluding 1SB). $750 Credit may be applied towards the purchase/finance/lease of an eligible new 2010/2011 Model Year Chevrolet Equinox and GMC Terrain. $1,000 Credit may be applied towards the purchase/finance/lease of other eligible new 2010/2011 Model Year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between February 1, 2011 – June 30, 2011. Ineligible vehicles: Chevrolet Cruze 1SB, Corvette ZR1, all Pontiac, Saturn, Saab, and HUMMER vehicles, and medium duty trucks. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact GM to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives, including the first to Graze program. See your GM dealer for details. GM reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice.

Don't let headrests fall to the back of your mind

Proper position crucial for safety

While buckling seatbelts is second nature when getting into a car — how many of us think to adjust the headrest?

Reports show that headrests are one of the most overlooked safety features in motor vehicles today and many don't realize the important role they play in preventing neck, brain and spinal cord related injuries.

"Headrests are designed to work alongside the seatbelt so that when an accident occurs it prevents the head from twisting backwards, which subsequently results in whiplash," explains Mauro Convertini, an insurance and claims expert at Aviva Canada.

"Drivers can sustain an injury from an incorrectly adjusted headrest even at speeds as low as 15 kilometres per hour — the same speed as the average bicycle."

According to an Insurance Bureau of Canada study, only 14 per cent of drivers on the road have their headrest in the proper position.

And whiplash being the most common soft tissue injury incurred during auto collisions underlines the importance for all passengers to ensure their headrest is adjusted properly.

Aviva's Convertini recommends that Canadian drivers follow three simple steps in order to prevent injuries associated with improper headrest position.

1. The top of the headrest should be in a straight line with the top of your head.
2. Position the centre of your headrest so that it is slightly above the top of the ear.
3. Ensure that the distance between the headrest and the back of the head is between five and ten centimetres.

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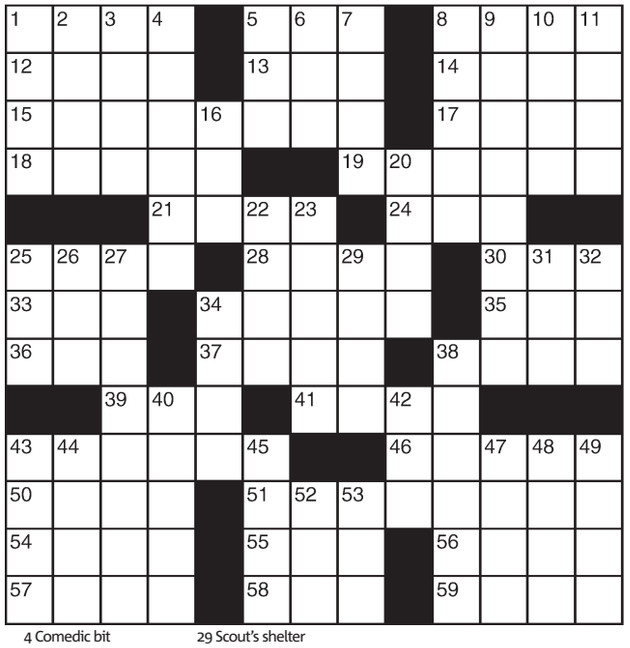

Across

1 Mama — Elliot
5 Past
8 Resistance measures
12 St. Louis landmark
13 Pea holder
14 Bound
15 What Archie Bunker called his son-in-law
17 Information
18 Veranda
19 Small burger
21 Penny
24 Common Mkt.
25 Prepare for a trip
28 Table scraps
30 Sphere
33 Altar affirmative
34 Welcome
35 Costello or Ferrigno
36 Chum
37 Portent
38 Tosses in
39 Margery of nursery rhyme note
41 Wield a teaspoon
43 Topical antiseptic
46 Dance under a bar
50 Cowboy boot attachment
51 Marx Brothers classic
54 Chantilly, for one
55 Greek vowel
56 Formerly, formerly
57 BPOE members
58 Fresh
59 Collections

Down

1 Overly theatrical
2 Geometry measure
3 "Begone!"
4 Comedic bit
5 Mimic
6 — long way
7 Probability
8 Classic movie or song
9 Winter woe
10 Partner
11 Practice pugilism
16 Weed whacker
20 For fear that
22 Standard
23 Kilmer poem
25 Spot on a domino
26 Oklahoma city
27 Burgundy-champagne blend
29 Scout's shelter
31 Scepter
32 Clear the tables
34 Prom garb
38 Obeys reveille
40 Buenos —
42 Sort
43 Capri, for one
44 October birthstone
45 Paradise
47 Oliver Twist's request
48 Pedestal topper
49 Chooses
52 Multipurpose truck
53 Cornfield cry

▶ Yesterday's answer

S	Y	N	C	■	■	L	E	I	■	L	O	A	D
P	A	I	R	■	I	O	N	■	A	B	L	E	■
A	P	P	A	R	E	N	T	■	R	I	S	E	■
■	■	■	Y	O	U	■	E	D	I	T	O	R	■
A	S	C	O	T	■	A	R	E	A	■	■	■	■
L	O	A	N	■	A	P	P	E	T	I	T	E	■
B	A	M	■	I	D	I	O	M	■	M	O	A	■
A	P	P	R	O	V	A	L	■	G	U	N	S	■
■	■	■	E	T	O	N	■	O	N	S	E	T	■
M	A	N	I	A	C	■	O	W	E	■	■	■	■
A	G	I	N	■	A	P	P	L	I	Q	U	E	■
L	U	K	E	■	C	O	E	■	S	U	L	K	■
L	E	E	R	■	Y	E	N	■	S	A	T	E	■

Sudoku

		3	8					
7		6						
	8			5			3	6
8					1	9	4	
		9		2		6		
	5	7	9					2
9	3			1			8	
						5		1
					7	2		

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	3	6	5	7	8	2	9	4
8	2	4	9	1	6	3	5	7
5	9	7	4	2	3	6	1	8
7	5	8	1	6	4	9	3	2
6	4	2	3	9	5	8	7	1
9	1	3	7	8	2	5	4	6
2	7	1	8	5	9	4	6	3
4	6	5	2	3	7	1	8	9
3	8	9	6	4	1	7	2	5

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Paul
I Love you baby, I am the luckiest girl to have such a great man like you in my life! Keep up the great work!!! xoxo **SHELLY**

LGH
You make me want to be a better person. The day we met, my life has never been the same. Maybe one day we will be able to be together. Love ya! **AMH**

The love of my life
You have made me the happiest girl alive for the past year! I love you so much! - K **THE LUCKIEST GIRL ALIVE**

SC
Babe, I know we have our ups and downs, but at the end of the day it'll always be us against the world. PS: Seven months, forever to go From **TC**

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 Enjoy yourself, but don't let your social life negatively impact business.

Taurus April 21-May 21 Tell those who interfere in your affairs that you will resolve your own problems in your own way.

Gemini May 22-June 21 Principles may be more important than profit but you cannot afford to ignore what a negative result might mean for your finances.

Cancer June 22-July 22 A delay in a project is likely. Don't get angry, it may work in your favour.

Leo July 23-Aug.23 You have a reputation for trustworthiness — don't do anything to jeopardize it.

Virgo Aug. 24- Sept. 22 If you want to move up in the world, you have to be more open with those who can help you make it happen.

Libra Sept. 23-Oct. 23 When the going is tough you know what needs to be done. Can you get motivated when the going is easy?

Scorpio Oct. 24-Nov. 22 Let go of the past. The less you hold on to now, the more you will gain later on.

Sagittarius Nov. 23-Dec. 21 Leave no one in any doubt about how you feel — good or bad.

Capricorn Dec. 22-Jan. 20 . The planets urge you to stop thinking merely in terms of winning and losing. Life is not a zero sum game.

Aquarius Jan. 21-Feb. 18 There is no reason why you should be modest about what you have achieved. Shout about it.

Pisces Feb. 19-March 20. When you give everything you have the right to demand a lot, too. SALLY BROMPTON

Caption contest

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